

# Carolina

## Country



## Here We Go!

The holidays are coming  
Rinks around the state  
The history of electric rates

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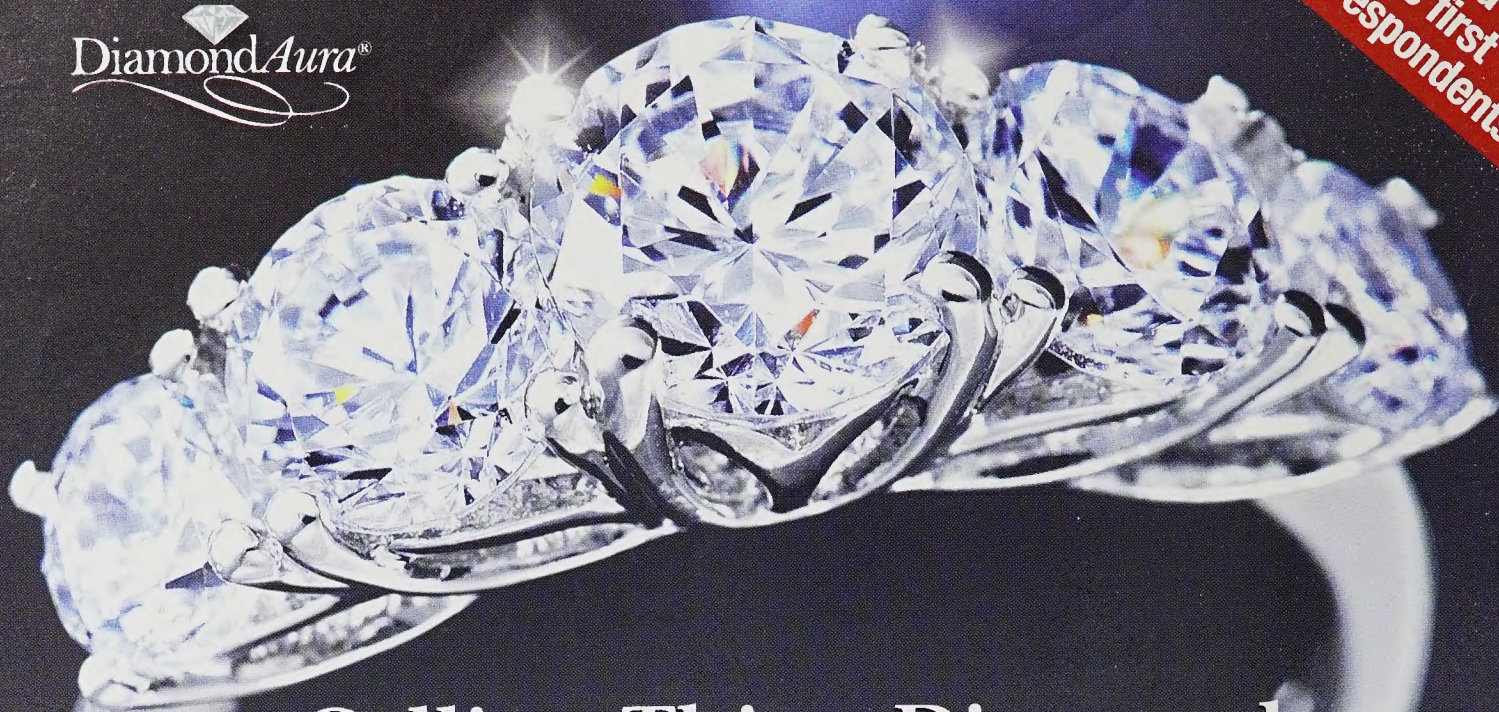
Your Touchstone Energy Cooperative  
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Your North Carolina holiday gift guide is inside—pages 32–39





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to the first  
2500 respondents



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when compared to the stunning DiamondAura® 5-Stone Ring for **ONLY \$99!**

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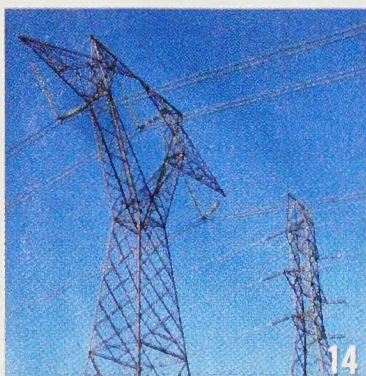


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Many of the outdoor ice skating rinks open across the state this month. This scene is from Charlotte's WBT Holiday on Ice. Learn more on page 44. (Patrick Schneider Photography)



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

#### Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.



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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

## North Carolina, the military and government spending



By Craig A. Conrad

North Carolina has long held the reputation as America's most military-friendly state, and with good reason. The armed forces and Coast Guard directly or indirectly employ more than 10 percent of North Carolina's workforce, according to state government statistics. The military's contribution to our state's economy is nearly \$24 billion; only agriculture contributes more. Our advances in education, technology, health care, business growth and overall quality of life are enhanced immeasurably by our military neighbors.

Defense installations and the military have played an important part in our state's health and well-being. North Carolina has appreciated and supported the military ever since such colonial installations as Fort Johnston was built in Southport in 1749 to protect our coast. When the Department of Defense conducted its Base Realignment and Closure operations in 2005 to consolidate infrastructure and raise efficiency, North Carolina welcomed additional facilities and personnel. Between 2006 and today, the friendliness we showed the military was rewarded with billions of dollars in new construction and investment by the military.

We are proud to have the fourth-largest active duty military population in the U.S. calling North Carolina home—at seven installations and 14 Coast Guard facilities. And we're especially pleased that so many retired personnel and veterans stay here with us.

In the same way, North Carolina electric cooperatives always have worked side-by-side with the military, Coast Guard, National Guard and Reserves. Coast Guard facilities are neighbors to several eastern cooperatives. Many members of my cooperative, Carteret-Craven Electric Cooperative, are directly associated with Marine Corps Air Station

Cherry Point, a mighty contributor to our area's economy and culture. Jones-Onslow EMC supports Camp Lejeune and Marine Corps Air Station New River. Tri-County EMC supports Seymour Johnson Air Force Base. Brunswick EMC supports the Army's Military Ocean Terminal at Sunny Point (the world's largest). Central EMC, Lumbee River EMC, Pee Dee EMC and South River EMC support the Army's sprawling Fort Bragg and Pope Air Force Base. And when the Defense Department sought to privatize the Fort Bragg-Pope electric utility system, it chose in 2003 Sandhills Utility Services, the utility formed by those four cooperatives.

### The military and government spending


While we take pride in the fact that our military is second to none in the world—and as we ensure it stays that way—we understand that our federal government faces a looming risk in deficit spending. In order to maintain a secure future for coming generations of Americans, government spending must come under control, and the military will be affected. The growth we have seen could be reversed if our elected officials in Washington, D.C., allow budget cuts that are implemented without consideration for how reductions will impact the military or our state's economy.

After this election season, we look forward to helping the federal government get down to the serious business of providing for our nation at home and abroad in a careful, prudent and visionary manner. Regardless of who is elected to the Presidency and the Congress, our representatives need to consider what's best for all Americans now and in the long term.

The failure of the Congress in recent years to settle political differences in order to reconcile its spending priorities has placed the federal government in a position where in January we could see



as much as \$1.2 trillion in arbitrary and unplanned spending cuts, including throughout the military. The process called "sequestration" in January could essentially impound or sequester Congressional appropriations. Such cuts would not just gouge military and other government programs, but will have a negative impact on our local economy. Already, many civilians and businesses who work with the military are bracing for these cuts. Major military cutbacks also could have a chilling effect on military readiness and response.

Clearly the federal deficit situation calls for cool heads to prevail. The way to preserve our military's integrity—and the security of North Carolina and the nation—is to bring all parties to the table, to cooperate, and implement balanced policies and procedures that protect us all. 

*Craig Conrad is CEO and general manager of Carteret-Craven Electric Cooperative, the Touchstone Energy cooperative that serves more than 39,000 member accounts in Carteret and Craven counties, and parts of Jones and Onslow counties.*

### Why are CFLs made in China?

I am one that likes to buy products made in America. We are switching over to energy-efficient CFL bulbs in our shop and at home. I have done research and cannot find any that are not made in China. It is almost going to be a mandate to change over to these bulbs, so you would think they would be made in America.

*Benjamin Burns, Seagrove, Randolph EMC*

### Response from GreenCo Solutions:

There are very few CFL manufacturing plants in the world, and all are in China. Some large American lighting companies have factories in China, but the norm is for American firms to contract with Chinese manufacturers of CFLs to build lamps to their specifications and then give them their brand name. It is important to ensure that any CFL you buy has the U.S. DOE Energy Star logo on it certifying that they were tested for quality.

Projects that received funding from the American Recovery & Reinvestment Act of 2009 were required to be made with "American-made" materials. CFLs were specifically excluded in a February 2010 waiver because the components were unobtainable in America.

*GreenCo Solutions is a service company formed by North Carolina's electric cooperatives to help them meet their energy efficiency and renewable energy goals.*

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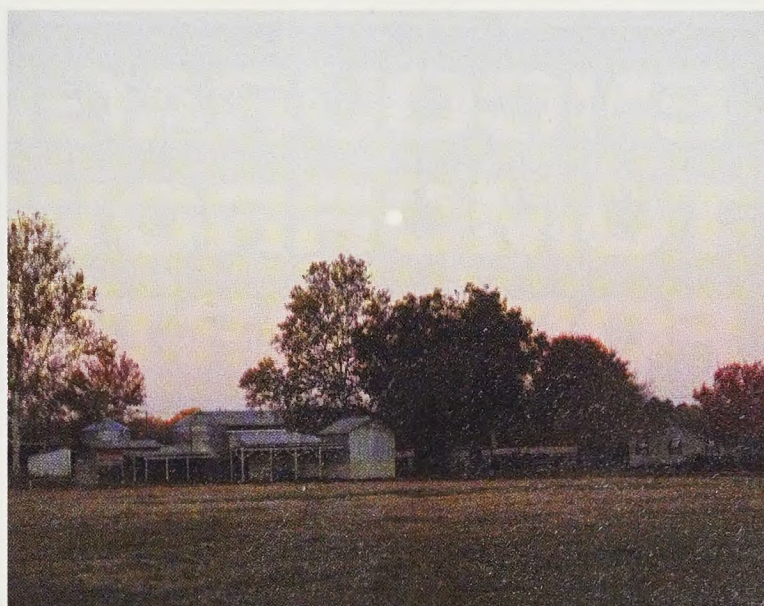
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### Standby water

You can see we are "country." The garden is in the background. We put this hand pump in for use when the power goes out. Water has been my biggest concern for hurricane preparedness. My grandson, Brewer, takes great pride in being able to help.

*Marcy Maley, Rocky Point, Four County Electric*



### A fall morning

A cold fall morning with the moon over a rural farm. This was Nov. 11, 2011, south of Laurinburg.

*Lee Williams, Laurinburg, Pee Dee EMC*

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# ENCOURAGING TOMORROW'S LEADERS FOR NORTH CAROLINA

In June, when summer was in full swing, over 215 4-H'ers and adults from over 74 counties attended **Citizenship North Carolina Focus**. Youth delegates who attend each summer are encouraged to develop their leadership and citizenship skills through participation in workshops and group sessions. Delegates who attend also have the opportunity to hear dynamic speakers that encourage and promote youth advocacy. Attendees learn about North Carolina state government and the collaboration between the government, for-profit and not-for-profit sectors in

North Carolina. Delegates who attend also develop marketing and public relations skills and strengthen their advocacy skills for North Carolina 4-H. Each delegate plans and implements a Personal Citizenship Initiative, demonstrating the influence of youth in government. Hands-on workshops, panel discussions, distinguished speakers and open discussion help these young people discover how government impacts their everyday life, and how they can impact government in return. The event culminates with all delegates visiting and meeting with their elected officials.

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CO-OPS & COMMUNITY JOBS

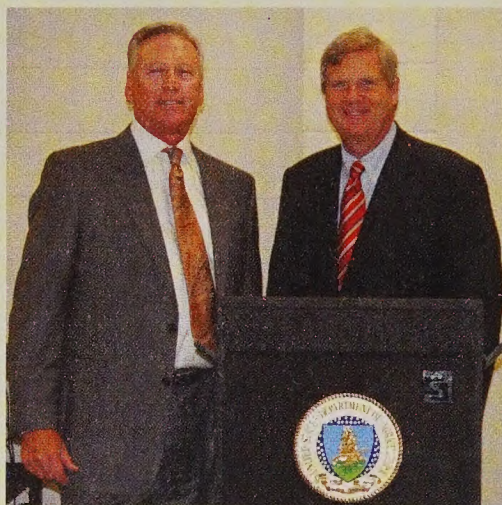
## U.S. helps cooperatives modernize infrastructure

U.S. Agriculture Secretary Tom Vilsack in September visited Piedmont EMC, the Touchstone Energy cooperative based in Hillsborough, to announce the U.S. Dept. of Agriculture had reached its \$250 million goal to finance electric grid modernization technologies. Vilsack also announced nine rural electric cooperatives and utilities in 10 states, including North Carolina, will receive loan guarantees to make improvements to generation and transmission facilities and implement grid modernization technologies.

As part of President Obama's "Blueprint for a Secure Energy Future," the administration has outlined a number of public and private initiatives focused on upgrading the electric grid in rural America. These technologies will facilitate the integration of renewable sources of electricity into the grid, help avoid blackouts and restore power quicker when outages occur, and reduce the need for new power plants.

Piedmont EMC received a \$30 million guaranteed loan from USDA to extend its system by 52 miles and help provide service to about 1,000 new member-consumers. The cooperative will also increase capacity for 100 current consumers and improve the reliability of about 40 miles of line. The cooperative installed a new automated meter system (AMI) with funds from a previous loan and will invest approximately \$150,000 of the funds from this new loan on new AMI meters for the 1,000 new member consumers.

The cooperative's president R. G. "Randy" Brecheisen said, "Piedmont EMC is proud of the long and successful partnership with the USDA, dating back to 1938, that has been based on a common mission of serving rural America and improving the quality of life for our member-owners. We



*Visiting in Hillsborough with Piedmont EMC president Randy Brecheisen (left), Sec. Vilsack said, "These loans will help ensure that rural areas can retain existing businesses, support new ones and have reliable, up-to-date infrastructure."*

depend on access to capital through loans from the Rural Utilities Service to extend lines to new consumers, maintain our more than 3,000 miles of distribution lines and to fund investments in new technologies."

Piedmont EMC is a nonprofit member-owned electric utility serving 31,000 consumers in parts of Alamance, Caswell, Durham, Granville, Orange and Person counties

Vilsack also announced that two other cooperatives in North Carolina will receive loan guarantees. Brunswick EMC in Brunswick and Columbus counties will receive a \$21.5 million loan to build and improve 220 miles of distribution line and make other system improvements. Edgecombe-Martin County EMC, based in Tarboro, will receive a \$6.4 million loan. Edgecombe-Martin EMC is susceptible to extreme storm conditions, including hurricanes and Northeasters. The cooperative will use about \$1 million of the loan to install automatic meters.

## Beware of power bill-paying scam

North Carolina's electric cooperatives are urging members to be aware of a utility bill-paying scam affecting customers in North Carolina and nationwide. The scam falsely claims households are eligible for utility bill credits through a new federal program. No such program exists.

According to the Better Business Bureau, scammers contact consumers door-to-door and through phone calls, fliers, social media and text messages and ask for Social Security and bank routing numbers. Often, President Obama's name is mentioned. In return, consumers are given a phony bank routing number that will supposedly pay their utility bills. In reality, there is no money, and customers believe they have paid their bills when in fact they have not. Additionally, consumers put themselves at risk for identity theft when they give out personal information.

Electric cooperatives do not contact members to obtain personal identifiable information. Members should beware of anyone requesting this information. When in doubt of the identity of someone claiming to represent your cooperative in person or over the phone, try to verify the person's identity and notify your co-op if the person claims to represent the co-op.



NEXT MONTH, BRUNSWICK & COLUMBUS COUNTIES





Twelve lucky 4-H'ers were selected to help pump up the crowd and join Wolfpack mascots Mr. and Mrs. Wuf as they sprinted onto the field just before kickoff at the Sept. 15 game against South Alabama.

## 4H'ers and co-ops run with The Pack

North Carolina's electric cooperatives partnered with N.C. State University and 4-H programs across the state this fall to give kids a chance to "Run with the Pack" at a football game. The co-ops provided tickets and meal vouchers to the kids and their families, and the 4-H'ers were featured on the big video board. Runners, who traveled to Raleigh from as far as Lawndale in Cleveland County and Wilmington in New Hanover County, ranged in age from 9–11 years and are all active in local 4-H programs.

North Carolina's electric co-ops have a long history of supporting 4-H in our state, and this is the fourth year in a row that the co-ops have offered this opportunity. For more information on the co-ops' commitment to local communities, go to [www.ncelectriccooperatives.com/community](http://www.ncelectriccooperatives.com/community).

North Carolina's  
Electric Cooperatives

Your Touchstone Energy® Cooperatives



## Discounted energy audits are available for small businesses

Rural small businesses whose annual energy costs exceed \$10,000 can request an energy efficiency assessment by Waste Reduction Partners at a reduced cost. Energy assessment can identify cost effective energy-saving measures that a business can implement.

An experienced energy engineer from Waste Reduction Partners (WRP) will conduct the energy audit. Waste Reduction Partners is a team of 60 staff and volunteer retired engineers who have provided over 1,700 energy and waste reduction assessments across North Carolina. WRP received funding support from the U.S. Department of Agriculture to perform energy efficiency assessments at qualifying rural small businesses in North Carolina.

The cost share for the audit is \$325. The USDA Energy Audit Program requires that the businesses pay for 25 percent of the total audit cost, valued at \$1,300. WRP engineers typically identify no- and low-cost energy efficiency measures that can save 10 to 20 percent of a business's total energy bill.

### Who is eligible?

Rural small businesses, as defined by the Small Business Administration, are eligible for a subsidized energy assessment. The Small Business Association website ([www.sba.gov](http://www.sba.gov)) tells how to determine what defines a small business. Rural is defined as communities less than 50,000 in population. A business's total energy costs must be greater the \$10,000 per year to qualify for this audit program.

For application information, contact Russ Jordan at [Russjordan.wrp@windstream.net](mailto:Russjordan.wrp@windstream.net) or call (828) 251-7477 (Monday and Wednesday) or (828) 863-2917 (Tuesday, Thursday, Friday).

## Save more during Energy Star tax holiday



Energy Star-rated products operate more efficiently and help owners save money on their electric bills. This month, North Carolinians won't have to pay sales tax on Energy Star-certified appliances purchased Friday through Sunday, Nov. 2–4. There is no price ceiling on products purchased. The sale tax exemption applies to these appliances:

- Clothes washers
- Freezers and refrigerators
- Central air conditioners and room air conditioners
- Air-source heat pumps
- Ceiling fans
- Dehumidifiers
- Programmable thermostats

For more information about the sales tax holiday, visit [www.dornc.com](http://www.dornc.com).



# Try This!

## Wizardry on old windows

Replacement kits and film coverings for boosting energy efficiency

By Jim Dulley

Old single-pane windows typically have significant heat loss and cold-air gain because of poor caulking and weather stripping (if there is any to begin with). When you're near them, you often feel chilly during cool months and warm when you're near them in hot months. The most significant heat loss and chilly feeling occur on clear winter nights. The R-value—a higher-the-better number that shows the ability of insulation to resist the transfer of heat—of a single pane of glass is only R-1, as compared to an insulated wall at R-13.

Fortunately, there are many things you can do on a limited budget to improve year-round efficiency of old windows. First, check the caulking and weatherstripping on the windows and ensure the framing is not deteriorated. Fix any subpar conditions or your next improvements won't be worth much. Sealing all air leaks around your existing windows is a priority and will result in the biggest saving.

Adding storm windows, either interior or exterior, can more than double energy efficiency. Custom-made, multi-track storm windows can often cost almost as much as totally new windows. You can even make your own using clear acrylic sheets. Also, acrylic blocks most of the sun's fading ultraviolet rays. Exterior storm windows can be made with 1-by-2-inch lumber, acrylic sheet, and foam weather stripping. If you size them to fit inside the wall opening and paint them to match your existing window frames, they will look like part of your windows.

To install interior storm windows, use a kit with magnetic seals. The magnetic section of the seal attaches to the acrylic sheet with an adhesive backing, and the steel strip attaches to the window frame. This allows you to easily remove them during summer for ventilation, but if you use air conditioning most of the summer, just leave them up year-round.

Another option is to install insulating window shades or curtains to increase the overall insulation level of the window opening and to block the radiant heat loss through the window. Something as simple as adding a pull-down pleated shade or making sure to close your Venetian blinds can block your skin's exposure to the cold outdoors.

Some of the most efficient window shades can add R-6 insulation to your windows. These are multi-layer roll-up




*Simulated stained glass static-cling window film can be changed and reused on another window, and will filter UV rays.*

shades with a heat-reflecting, airtight inner film layer to greatly reduce radiant heat loss (or gain during summer).

The newest energy-saving permanent window films are also effective for reducing wintertime heat loss. These films have just a very slight tint so they can't be detected and use the same type of microscopically thin low-emissivity metallic coating as expensive replacement windows. Simple vinyl static-cling film will also help a bit. But before installing anything on double-pane windows, check the window manufacturer's warranty regarding film application.

Do-it-yourself energy-saving film installation kits are available at most home improvement stores. You may want to select a darker tint if summertime heat gain is your most significant concern. Because the sun is higher in the sky during summer, installing window awnings for shade and a lighter film on south-facing windows will allow for some passive solar heating from the lower wintertime sun.

A final option is to install a tilt-in double-pane, sash-only replacement kit. If your existing frames are in good condition, this will convert your old windows into very efficient ones. This option also allows you to clean both sides of the window glass from indoors. 

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit [www.dulley.com](http://www.dulley.com).

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# The Fall and Rise of Electric Rates

If you follow the news—including news from your electric cooperative—you know that electricity prices are likely to rise during the coming years. To meet ever-growing demand for electricity to run electronics, appliances, heating, cooling and even cars, utilities nationwide need to build new power stations and distribution systems, re-tool existing plants to meet new standards, and add infrastructure that will accommodate renewable energy sources.

Let's look at the history and context of these rising electricity prices.

## Electric rates reflect the nation's economy

In the early days of electricity in 1910, it cost American consumers who could get it about \$1.65 per kilowatt-hour (in inflation-adjusted dollars). As demand and production facilities grew, the economy of scale cut average electricity rates in the U.S. by 75 percent by 1940. Favorable economic times and the expansion of rural electrification in post-war America helped reduce rates even further, and by 1973 electric rates nationwide reached an all-time low of 8.9 cents per kwh. (U.S. Energy Information Administration-EIA)

As Americans' appetite for electricity continued to grow in the 1970s and 1980s, utilities built new power stations and the grid expanded. It was a time of rising fuel and construction costs, as well as new environmental regulations affecting power generation, and these costs were passed through to consumers. Appliances became more efficient, and so did the industry's methods of producing and distributing electricity. In the economic boom of the late 1980s and 1990s, fuel prices actually declined, so electricity rates inched downward as well. Since then, fossil fuel prices have risen steadily. Between 2000 and 2010, average electric rates nationwide rose 11 percent in adjusted dollars to 10.46 cents, which is about where we are today. (EIA)

By comparison, during the same period of 2000–2010, average U.S. gasoline prices rose 74 percent to today's cost of nearly \$4 per gallon. Closer to home, in North Carolina from 2000 to 2008, gasoline prices rose an average of 17 percent per year. In comparison, electricity has increased just 2.1 percent per year. (N.C. Energy Office).

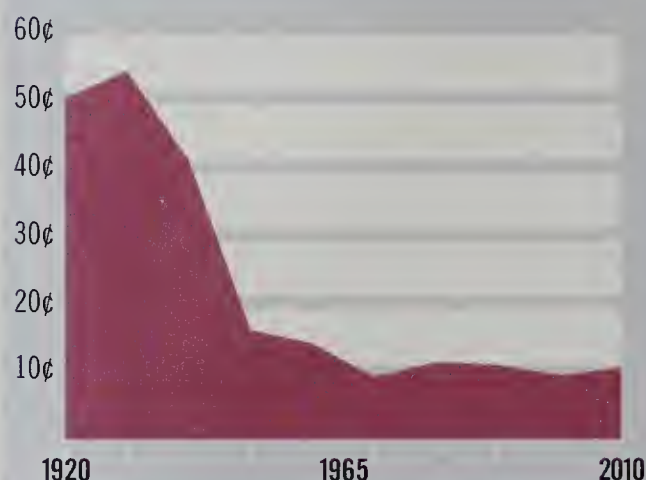
## Compare to health care and food costs

The rise of electricity rates in the U.S. has been gradual compared to the cost of other consumer goods. Using the prices of the day, between 1985 and 2005, health care costs rose 185 percent, regular gasoline rose 91 percent, food rose 81 percent and electricity rose 27 percent. (U.S. Bureau of Labor Statistics)

When you consider how reliable electricity is, the value goes up even more. Ask yourself: When did I last experience a major outage that wasn't caused by a natural disaster? For most of us, those times are the only

## Average U.S. Residential Electricity Rates 1920–2010


(in cents per kilowatt-hour adjusted for inflation)



Sources: U.S. EIA, U.S. DOE

occasions when we stop to think about what an affordable value electricity brings to our lives.

## Down the road

The EIA projects consumer demand for electricity to rise at an average rate of 1.5 percent per year through 2030—North Carolina's demand could rise at a greater pace—with overall consumption increasing 45 percent by 2030. Meeting that demand has its costs. Your electric cooperative's sole mission always has been to provide you with safe and reliable electricity. By balancing a diverse portfolio of power supply sources (nuclear, natural gas, coal, renewables) and managing their own operating costs, North Carolina's electric cooperatives will work to keep your rates as affordable as possible as these demands grow. 

*This is the third in a series prepared by the North Carolina Association of Electric Cooperatives. Next month: Modernizing the electric grid.*

## What you can do

Ask your electric cooperative about budget payment plans. Your co-op also can help you manage your own energy costs. And see how much you can save by using the interactive calculator at [www.togetherwesave.com](http://www.togetherwesave.com)

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# A GUIDE TO TRANSMISSION TOWERS

## Identifying equipment on transmission structures

By Maurice Martin

Transmission structures and towers are like interstate highways for electricity, carrying mass volumes of high-voltage current over long distances. These structures stand 55 feet tall or more and connect power plants to a series of substations, and they tie one bulk power region of the grid to another.

A closer look at these towering behemoths reveals interesting details that help you better understand why structures are designed a certain way. As you look at them, always remember to stay a safe distance away.

### VOLTS VARY

First, determine what you're looking at. Higher voltages on power lines require more space between each line and other objects, allowing people, vehicles and other equipment to move freely underneath. For this reason, transmission towers usually stand 55 feet to 150 feet high. Most are made from steel, but some are concrete, wood or even ductile iron. Wooden distribution poles, found in neighborhoods (unless your lines run underground), are generally about 40 feet tall.

Transmission voltages usually run between 23,000 volts

and 765,000 volts. Compare that to the voltage of your home's electrical sockets: 120 volts for most outlets, 240 volts for a clothes dryer or stove range. Voltages in your home are enough to kill you, so power lines carry a much greater wallop.

### WIRES: CONDUCTING AND NON-CONDUCTING

Transmission tower conductors—the energized lines—are made of steel-reinforced aluminum cable and are always arranged in sets of three. There could be one conductor line per group (three total), two conductor lines per group (six total), and sometimes more. Groups may be arranged in a triangle or run level next to one another, but there will always be three (or a multiple of three).

This three-way grouping helps electricity travel efficiently. However, if you look at the tower's top, you may see one or two smaller, solitary wires. These wires go by several names—overhead ground wire, static wire, and pilot wire. The wire absorbs or deflects lightning strikes, conveying excess electricity safely to the ground. Under normal conditions the overhead wire does not carry



*The conductors—or energized lines—are grouped in threes to transmit electricity more efficiently.*

electricity.

Some overhead ground wires are grouped with fiber-optic cables that convey telecommunication data. Essentially made of glass, fiber-optic cables cannot conduct electricity and are not affected by lightning.

Alternatively, you may notice fiber-optics running a few feet below transmission conductors—seemingly small, by comparison. Adding telecommunication lines gets the most out of the large investment necessary to build transmission systems. Fiber-optic lines may be operated by the utility or leased to cable or phone companies.

### VOLTAGE AND BELLS

The first rule of thumb: the higher the transmission tower, the greater the voltage. Transmission lines don't touch the towers that support them—if they did, the current would flow to the ground. They're separated from towers by bell-shaped insulators (known as “bells”).

Higher voltages require more separation between conductor lines and

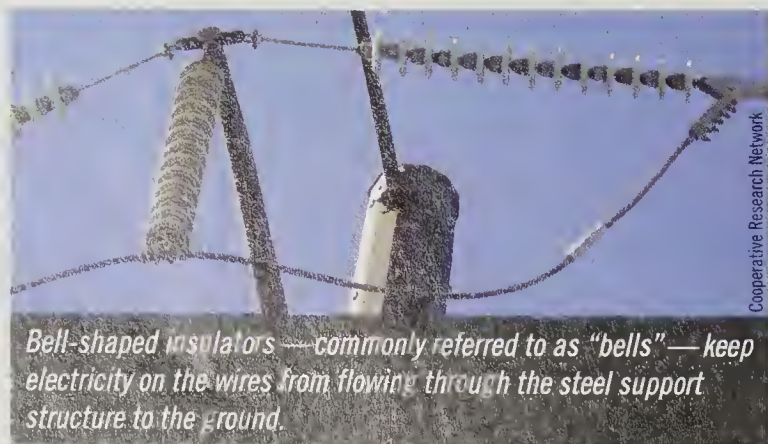
towers—hence more bells. For example, a line of 69,000 volts has four bells; 115,000 voltage has seven bells. But sometimes bells are added in case a utility wants to increase voltage later, so counting them isn't a sure-fire way to estimate voltage.

### WEATHER COLLECTORS AND BIRDS

Towering transmission structures often double as weather data collectors. You may notice spinning cups of an anemometer measuring wind speed, or other meteorological equipment.

You also may notice nesting birds, like hawks. Early tower designers discovered large birds like to build nests on the girders. Birds can cause an outage if excreted waste lands on an insulator and triggers a short circuit. So to prevent random, potentially dangerous nesting, designers include special platforms for birds. ⓘ

Maurice Martin is senior program manager for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association.



*Bell-shaped insulators—commonly referred to as “bells”—keep electricity on the wires from flowing through the steel support structure to the ground.*



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Mama had just had this chair reupholstered. It was practically rubbish beforehand. It was like a special gift to the sweetest lady ever.

## Growing sweeter

Growing up, life was hard and poverty-stricken, just me and Mama. Many times I did not understand how Mama would give so much away. During harvest time canning fruits and vegetables, we worked so hard to prepare them. I would often say, "Why do you give it away to other people?" She always replied, "The Lord is bountiful."

Even when the time came to kill hogs, she did the same thing: give it away to other people. But we never went lacking for the necessities of life, because of her good deeds and sacrifices. She always gave the credit to the good Lord.

Now that I am older with a family of my own, her kind deeds are instilled in me. What a great feeling! As Mama grew older, her spirit grew sweeter. Now my Mama, Anna Liza Strickland, resides with the Lord in heaven with her sweet child-like ways.

*Emma Locklear, Maxton, Lumbee River EMC*

## Meeting in the hospital

We both were in the hospital for appendicitis surgery in June 1951. My surgery was on a Monday and his was on a Tuesday. One of my girlfriends stopped in to see me, then she said "I'm going down to see Harry." I wanted to go with her and I did. That was the beginning of my love story. Harry and I dated on and off for eight years. I was still in high school when he went into the service.

Then on November 21, 1959, we were married. We have one daughter. On November 21, 2009, we celebrated our 50th anniversary at Calvary Lutheran Church with family and friends.

*Bette & Harry Blume, Concord, Union Power Cooperative*

## Daddy's bibbed overalls

My daddy, Charles Jones, wore denim bibbed overalls all the time. He wore them out hoeing tobacco and mowing tall weeds. He wore them when he fed the hogs and milked the cow. He wore them when butchering the hogs or patching the roof. I remember my mother doing laundry, and a scattering of cow chip would flutter out of his rolled up pant leg when she unfolded them to wash.

Daddy also had nicer bibbed overalls that he wore to town. He wore these to his doctor appointments and to family picnics. He wore them to church on Sunday with a crisp white shirt underneath.

As Daddy aged, his ability to work diminished, but he still wore his overalls. He would sit his grandchildren on his lap and let them dig into his breast pocket for his "pocketbook." In there, they would find pictures to look at and occasionally a dollar to keep. He always carried a pencil in the pencil holder next to the breast pocket of the bibs, and a little tablet to write upon. Small faces would smile gleefully as they removed his pocket watch from the bib pocket. Small hands would hold up the watch on its gold chain, watching it spin around and around.

Daddy was buried in a brand new pair of denim bibbed overalls and a crisp white shirt. In his breast pocket were pictures of his grandchildren and a couple of good-bye notes.

*Reta Winebarger, Lansing, Blue Ridge Electric*



His grandchildren delighted at whatever they could find in his pockets.





Our parents made us go to church Sundays where we learned to keep the faith.

## Keeping the faith

I remember back in the 1950s when I was a little boy we used to work in the fields. We chopped peanuts, picked cotton, gathered corn, picked cucumbers, all for \$2.50 per day, four to five days a week. On Sunday our mother and father would make us go to church. No matter how little we had, we gave God the praise because he is in charge of everything.

We lived in a house on the farm, and back then they called it share-cropping. We share-cropped all right. We worked in those fields from sun up to sun down—eight of us, and I was the youngest. At the end of the year at Christmastime, the landlord told my parents that they didn't make any money but he would loan us \$100 that we had to pay back. So you see, it was a hard time, but our parents told us to keep on praying, that it won't be long this way, and don't give up. I thank God for our parents, Mr. and Mrs. Norman Jones. They were right.

And I thank God today that we kept the faith. He brought us a mighty, mighty long way. And we are still praying, because I know that it won't be this way always.

*Glennett Jones, Windsor,  
Roanoke Electric Cooperative*

## Hog butchering in November

I grew up on a cotton farm in Union County. When the first really cold days in November came, it was time to butcher hogs. The reason I looked forward to this day was that I got to miss school.

Before the hog was slaughtered, it was my job to get the wood fire going so that the water in the scalding tub was ready when the carcass was brought to it. Later, I helped scrape the hair from the hog until it was completely cleaned. A rope block-and-tackle hoisted the carcass up until it was clear of the ground. Then I watched Dad begin to remove the inner parts of the carcass. After this, they used a wood-chopping ax to cut the carcass in two halves. The tenderloin was removed first so that Mother could prepare it for our lunch. Next, the ham and side meat, then the shoulders were removed. Our dog usually enjoyed hog killing as much as I, because he got the tail.

Then it was time to clean up the mess and burn the hair. That gave off a terrible smell which I did not like. After clean up, it was time to retire to the kitchen table, mount the hand-driven sausage grinder and start the hard job of grinding the sausage.

At day's end, I welcomed the return of school the next day.

*Tiny Simpson, Kernersville, EnergyUnited*

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# I Remember

## Mamaw, a renaissance woman

As I get older, I seem to remember my childhood more vividly, especially my maternal grandmother, Mamaw. I was probably 6 or 7 before I realized that she had another name. I was one of 11 adored grandchildren, but she and I most certainly shared a special bond.

Fourth of seven children, she was born on April 4, 1904 (4/04/04) in Cleveland County. She travelled to and from Golden Valley, Rutherford County, in a covered wagon in 1910. She married my grandfather in 1922 in Cleveland County, and they had six children, four of whom lived to adulthood. She outlived five of her offspring.

She never worked outside of the home and never learned to drive a car. She was the best cook ever born, kept an immaculate house, embroidered lovely doilies and linens, made extraordinary hats and macramé items, knitted, crocheted, sewed beautiful garments on an old pedal sewing machine, created beautiful porcelain pottery and lovely oil paintings with haunting themes. She was a renaissance woman.

She instilled in me the love of creating. Her most precious gift to me was the gift of music. She taught me how

to play the piano by shape notes and mathematics. She taught me how to match vocal pitches as we sang together while making sauerkraut, potato pancakes, salt fish, chicken liver pate, pickles, homemade ice cream and saltwater taffy.

She died on her 100th birthday, 04/04/04, just one hour before her birthday celebration. Not a day goes by that I do not miss her.

*Naomi Dawn Worden, Lenoir, Blue Ridge Electric*



She was born in 1904 and lived to see 2004.

## The old speckled rooster

When I was growing up my father was a farmer. We raised almost everything we ate. My mother always had chickens that ran loose. When I was about 11, Mama had two speckled roosters that were almost identical. One of them was mean and would attack my little brothers, so every time one of them went outside that monster would run and try to attack with his sharp beak and spurs.

One Saturday just before Thanksgiving, one of the little boys went outside. Suddenly he came screaming back across the yard toward the house with that rooster right behind him. Just as my brother started up the steps, the rooster rose up and nailed him with both spurs. Daddy grabbed the broom and went after him. He whipped that rooster with the broom but it didn't change his disposition one bit.

Mama always cooked an old hen or a rooster for Thanksgiving and Christmas. So on Thanksgiving morning Daddy went outside to kill that cantankerous rooster for dinner. The gun went off and Mama went out to dress the speckled rooster. But to all our dismay, there stood that cocky rooster watching as though he had planned the whole thing himself. Daddy had killed the wrong rooster.

At Christmas, Daddy changed that rooster's attitude. He was delicious.

*Hazel Beasley Hall, Roseboro, South River EMC*

## When the lights came on

As a young boy in the 1920s, I saw the magic of electricity when I visited my grandparents near Rutherfordton. I never thought we would have electricity in the country, but the seemingly impossible began to turn to reality with the establishment of the Rural Electrification Administration. About 1928, the Rutherford REA started surveying. They didn't follow the roads then, but took the straightest line which often went through woodland. Local people were hired for crews at a wage of 35 cents per hour—good money in Depression years. The 40-foot right-of-way was trimmed and cleaned, post holes were dug and poles were set. They used teams of mules to deliver the poles where there were no roads. They also used mules to pull the wire. Electricians came through the communities to wire houses. Our house was wired at a cost of \$1.50 per outlet or drop—a total of \$15. The lights came on Saturday, April 15, 1939. The cost didn't exceed the basic rate. Our only indulgence was the "Esso Report" with Eric Sevareid on a Philco radio my older brother purchased for my parents. We added electric appliances (washing machine, refrigerator and stove) as we could afford them, and life changed forever.

*Don Hemphill, Union Mills, Rutherford EMC*

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**18 PIECE T-HANDLE BALL POINT AND HEX KEY WRENCH SET**  
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**SAVE 33%**  
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**SUPER COUPON!**

**18 VOLT CORDLESS 3/8" DRILL/DRIVER AND FLASHLIGHT KIT**  
**drillmaster**  
LOT NO. 68287/69652  
**SAVE 50%**  
**\$19.99**  
REG. PRICE \$39.99



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**SUPER COUPON!**

**12" RATCHET BAR CLAMP/SPREADER**  
LOT NO. 46807/68975/69221/69222  
**SAVE 63%**  
**\$1.99**  
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**WIRELESS DRIVEWAY ALERT SYSTEM**  
**Bunker Hill Security**  
LOT NO. 93068/69590  
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**3 TON HEAVY DUTY JACK STANDS**  
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**SUPER COUPON!**

**500 LB. CAPACITY ALUMINUM CARGO CARRIER**  
**Haul Master**  
LOT NO. 92655/69688  
**SAVE \$60**  
**\$69.99**  
REG. PRICE \$129.99



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**SUPER COUPON!**

**60" WORKBENCH WITH 4 DRAWERS**  
LOT NO. 93454/69054  
**WINDSOR DESIGN**  
**SAVE \$90**  
**\$139.99**  
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**SUPER COUPON!**

**10" SLIDING COMPOUND MITER SAW**  
LOT NO. 98199/69681  
**SAVE \$65**  
**\$84.99**  
REG. PRICE \$149.99



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**SUPER COUPON!**

**US\*GENERAL 30", 11 DRAWER ROLLER CABINET**  
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• 2 Drawer Middle Section  
• 3 Drawer Roller Cabinet  
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REG. PRICE \$299.99



**HARBOR FREIGHT TOOLS - LIMIT 3** Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 3/1/13. Limit one coupon per customer per day.

**SUPER COUPON!**

**PITTSBURGH 3 TON HEAVY DUTY STEEL FLOOR JACK**  
WEIGHS 74 LBS.  
**SAVE \$70**  
**\$69.99**  
REG. PRICE \$139.99



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**SUPER COUPON!**

**90 AMP FLUX WIRE WELDER**  
**CHICAGO ELECTRIC WELDING**  
LOT NO. 68887  
**SAVE \$60**  
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**SUPER COUPON!**

**SAVE 46%**

**MOVER'S DOLLY**  
HaulMaster

LOT NO. 93888/60497

1000 LB. CAPACITY

Item 93888 shown

**\$799** REG. PRICE \$14.99

22045122

HARBOR FREIGHT TOOLS - LIMIT 9

**SUPER COUPON!**

**4-1/2" ANGLE GRINDER**  
drillmaster

LOT NO. 95578/69645/60625

**\$999** REG. PRICE \$19.99

SAVE 50%

Item 95578 shown

38206122

HARBOR FREIGHT TOOLS - LIMIT 7

**SUPER COUPON!**

**29 PIECE TITANIUM NITRIDE COATED DRILL BIT SET**  
drillmaster

LOT NO. 92892977

**\$999** REG. PRICE \$24.99

SAVE 60%

Item 92892977 shown

92892977

HARBOR FREIGHT TOOLS - LIMIT 8

**SUPER COUPON!**

**RECIPROCATING SAW WITH ROTATING HANDLE**  
CHICAGO ELECTRIC POWER TOOLS

LOT NO. 65570

**\$1999** REG. PRICE \$39.99

SAVE 50%

Item 65570 shown

85479795

HARBOR FREIGHT TOOLS - LIMIT 5

**SUPER COUPON!**

**6" DIGITAL CALIPER**  
PITTSBURGH

LOT NO. 47257

**\$999** REG. PRICE \$29.99

SAVE 66%

Includes two 1.5V button cell batteries.

Item 47257 shown

74184227

HARBOR FREIGHT TOOLS - LIMIT 6

**SUPER COUPON!**

**2 PIECE STEEL LOADING RAMPS**  
HaulMaster

LOT NO. 44649/69591/69646

1000 LB. CAPACITY

Item 44649 shown

**\$3999** REG. PRICE \$79.99

53176925

HARBOR FREIGHT TOOLS - LIMIT 5

**SUPER COUPON!**

**9 PIECE FULLY POLISHED COMBINATION WRENCH SETS**  
PITTSBURGH

SAE | METRIC

LOT NO. 42304/69043 | LOT NO. 42305/69044

Item 42304 shown

**\$699** REG. PRICE \$12.99

SAVE 46%

92264737

HARBOR FREIGHT TOOLS - LIMIT 8

**SUPER COUPON!**

**36 LED SOLAR SECURITY LIGHT**  
Bunker Hill Security

LOT NO. 98085/69644/69890/60498

Item 98085 shown

**\$1799** REG. PRICE \$24.99

SAVE 28%

Includes 1.2 volt, 600mAh/6 volt NiCd rechargeable battery pack.

Item 98085 shown

14268895

HARBOR FREIGHT TOOLS - LIMIT 6

**SUPER COUPON!**

**CENTRAL PNEUMATIC 3 GALLON, 100 PSI OILLESS PANCAKE AIR COMPRESSOR**

Item 95275 shown

LOT NO. 95275/69486/60637

**\$3999** REG. PRICE \$79.99

SAVE 50%

59220937

HARBOR FREIGHT TOOLS - LIMIT 4

**SUPER COUPON!**

**PACIFIC HYDROSTAR 1" CLEAR WATER PUMP WITH 3 HP GAS ENGINE (98 CC)**

LOT NO. 68371/69747

2220 GPH

Item 68371 shown

**\$11999** REG. PRICE \$179.99

SAVE \$60

52025289

HARBOR FREIGHT TOOLS - LIMIT 3

**SUPER COUPON!**

**6.5 HP OHV HORIZONTAL SHAFT GAS ENGINES (212 CC)**  
PREDATOR ENGINES

LOT NO. 68120/60363/69730

LOT NO. 68121/69727, CALIFORNIA ONLY

Item 68120 shown

**\$9999** REG. PRICE \$179.99

SAVE \$80

30778928

HARBOR FREIGHT TOOLS - LIMIT 5

**SUPER COUPON!**

**800 RATED WATTS/900 MAX. WATTS PORTABLE GENERATOR**  
CHICAGO Electric Generators

LOT NO. 66619/69381/60338

Item 66619 shown

**\$8999** REG. PRICE \$179.99

SAVE \$90

55004235

HARBOR FREIGHT TOOLS - LIMIT 3

**SUPER COUPON!**

**THUNDERBOLT solar 45 WATT SOLAR PANEL KIT**

LOT NO. 68751/90599

Item 68751 shown

**\$13999** REG. PRICE \$229.99

SAVE \$90

52587677

HARBOR FREIGHT TOOLS - LIMIT 3

**SUPER COUPON!**

**10 FT. x 17 FT. PORTABLE GARAGE**  
HFT

LOT NO. 68217/69039

Item 69039 shown

**\$18999** REG. PRICE \$299.99

SAVE \$110

34993202

HARBOR FREIGHT TOOLS - LIMIT 4

**SUPER COUPON!**

**2000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE**  
BADLAND WINCHES

LOT NO. 68146

**\$4999** REG. PRICE \$99.99

SAVE \$50

61020468

HARBOR FREIGHT TOOLS - LIMIT 5





# North Carolina Christmas Trees

There's a farm or retailer offering North Carolina-grown trees near you


The Christmas tree crop in North Carolina is an important one for the state. The North Carolina Department of Agriculture and Consumer Services estimates the value of the crop to be approximately \$100 million annually. The department reports that North Carolina is the number two producer of cut trees in the U.S. behind Oregon, with Ashe, Alleghany, Avery, Watauga and Jackson counties producing the most trees.

Overall, there were more than 30 million cut Christmas trees sold in the U.S. in 2011 with a value of around \$1.07 billion. This compares with 9.5 million artificial trees sold in the same period, according to National Christmas Tree Association. An estimated 84 percent of trees sold are pre-cut, with 16 percent of buyers cutting their own. In North Carolina, the majority of trees produced are Fraser firs, making the state the largest producer of this favorite tree.

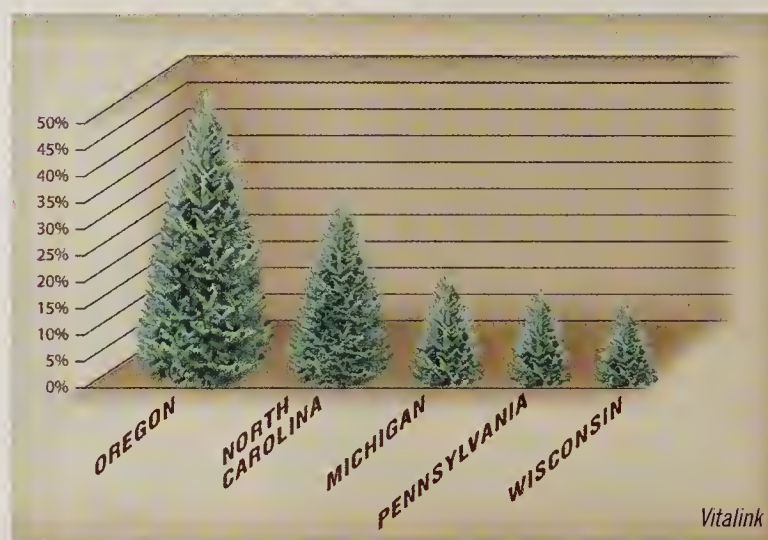
Most trees are harvested after seven years, yielding a tree 5½ to 7 feet in height. Most people wouldn't think that Christmas trees are a labor-intensive crop, but they require a commitment of between 125–175 hours per acre to harvest, with most of the hours in the year of harvest. Trees must be harvested within a very narrow window, making timely and available labor critical.

"One of our biggest challenges each year is getting enough harvest employees," says Harry Yates, owner of Yates Christmas Tree Farms in Watauga County. "It's really hard work, with 12–14 hour days during the peak period. About 50 percent of my harvest employees are local workers. The remaining employees come to us through the H2-A guest worker program. The program provides us with a strong, consistent workforce just when we need them. Most of the workers choose to head to western North Carolina after the sweet potato and tobacco crops are harvested in the eastern part of the state. The majority of these guest employees have been with us for many years and do a great job."

Yates started Yates Christmas Tree Farms in 1975, and currently farms around 300 acres. He is heavily involved with

the N.C. Christmas Tree Association, National Christmas Tree Association, and Watauga County Christmas Tree Association. He has also testified before Congress about the guest worker program and changes needed to benefit both farmers and workers. Yates is a member of the North Carolina Growers Association, which coordinates the H2-A harvest employees working for Yates. 

—Kathy Horn, Vitalink, Raleigh



## Find a Christmas Tree

The North Carolina Christmas Tree Association can help you choose the variety of tree that works for you, and can put you in touch with growers, choose-and-cut farms, retail outlets, mail order services and more. Visit [www.ncchristmastree.com](http://www.ncchristmastree.com) or call (800) 562-8789 in Boone.

For more information about trees and growers in eastern North Carolina, visit [www.nc-chooseandcut.com](http://www.nc-chooseandcut.com) or call (910) 658-8759 in Dunn.

The National Christmas Tree Association has a tree farm finder at [Christmastree.org](http://Christmastree.org).

For information on caring for a Christmas tree, contact the N.C. Department of Agriculture & Consumer Services, Markets Division, Horticulture, at [www.ncagr.gov/markets](http://www.ncagr.gov/markets) or call (919) 707-3100.



# Outback Opportunity:

## Affordable Solid Silver Collector Coin

**A**ustralia's 2012 Koala Silver Dollar is the one of the world's most popular collector silver coin buys. *Why?* Because it's three coins in one:

### #1: One full ounce of pure silver

Silver's allure is timeless. But today, the voracious appetite for silver from collectors, banks, and governments has made this precious metal hotter than ever! Over the last 5 years, the silver market has been volatile, as demand has surpassed global supplies. Many experts are predicting silver could go higher. We can't predict the future, of course, but we've secured a supply of these one ounce Koala Silver Dollars.

### #2: Legal tender Silver Dollar

Legal tender Silver Dollars are among the most popular coins. They are beloved by millions around the world. Buying Silver Dollars allows you to own pure silver with the security of government-guaranteed purity, weight, and authenticity.

### #3: One of the world's most limited Silver Dollars

MILLIONS fewer Silver Koalas are struck annually than many other silver coins.\* This limited supply can create tremendous demand when past year issues appear on the market. For example, the 2008 Silver Koala is currently being offered for as much as \$99.95.

### Buy RISK FREE to avoid disappointment

Of course, there's no guarantee you'll hit a home run with this 2012 Koala. In fact, smart collectors are in for the long haul. They're building a family legacy in pure silver. Here's your chance to join them. You can get this coveted, limited-edition legal tender 2012 Koala Silver Dollar—a coin that collectors around the world are scrambling to get their hands on—at a price as low as \$45.95 each!



Best of all, you can own your 2012 Silver Koalas risk-free. If you're not satisfied, return your coins within 30 days for a full refund (less s/h).

### Buy More and SAVE More!

One 2012 Koala Silver Dollar coin for only \$49.95 plus s/h

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# Do you call it dressing? Or stuffing?

*The name of this traditional Thanksgiving dish can depend on where you live*

Turkey and stuffing are Thanksgiving Day must-haves, but not everyone makes them the same way. And when it comes to dressing or stuffing, where you call home might make a difference in how you make it.


According to a new survey by Mrs. Cubbison's Kitchen in Los Angeles, celery and onions top the ingredients list, then regional differences come into play:

- People in the Northeast and West are more likely to add carrots and sausage.
- 70 percent of people in the South and 60 percent of people in the Northeast said they like to cook stuffing in a casserole dish.
- 58 percent of people in the West and 45 percent of people in the Midwest said they prefer to cook it in the bird.

While traditional Thanksgiving dishes are preferred in most regions, about one in five families say they now consider special diets when preparing their menu including gluten-free, vegetarian, diabetic and kosher options:

- Gluten-free and vegetarian choices are popular in the West.
- The South and Midwest offer items for those who are diabetic.
- The Northeast and South offer lactose-free and kosher dishes.

The survey also found that when asked which Thanksgiving dishes are handed down from previous family generations, "stuffing" was by far the most important. But the term for this dish differed depending on locale—Southerners refer to the dish as "dressing," while people in the East, Midwest and West say "stuffing."

No matter where you live, you can ensure big flavor at your holiday table when you use family-favorite recipes like these. You can get more Thanksgiving recipes at [www.thanksgivingtips.com](http://www.thanksgivingtips.com). 

—Family Features.com



## Corn Bread Stuffing

1 cup butter (2 sticks)  
1 cup onion, chopped  
1 cup celery, chopped

1½–2 cups liquid or broth\*  
1 seasoned corn bread stuffing

### Oven casserole directions

**Prep Time:** 10 minutes **Cook Time:** 45 minutes

Preheat oven to 350 degrees F. In a large saucepan, melt butter on medium heat, sauté vegetables until translucent. Combine stuffing mix; stir in liquid\* gradually and blend lightly. Place stuffing in greased casserole dish, cover and bake for 45 minutes. Uncover last 15 minutes for a crisper top.

### Top-of-stove directions

**Prep time:** 10 minutes **Cook time:** 10 minutes

In large saucepan, melt butter on medium heat, sauté vegetables until translucent. Stir in liquid\* gradually and bring to a boil over high heat. Cover and reduce heat to simmer for 3 minutes. Turn off heat, add dressing mix and blend lightly. Cover and let stand for 5 minutes. Fluff with fork and serve.

*\*Use more liquid for moister stuffing, less for drier.*

## What's your recipe?

Whether you call it dressing or stuffing, this dish is a real favorite. Do you have a treasured family recipe you'd like to share? Find us on Facebook and post it! Our readers would like to know about it.



# Fire safety

## *Does your family have an escape plan?*

The peak time for home fire fatalities is between 11 p.m. and 7 a.m., when most families are asleep. And when a home fire occurs, families have very little time to get out. A working smoke alarm doubles chances of survival, yet more than 20 percent of American homes are without them. The following are recommendations and tips for keeping your family and home safe from fire.

### Install alarms, know exit routes

On average, families have less than three minutes from the time the first smoke alarm sounds to escape a fire. Installing smoke alarms on every level of the home and developing an escape plan can give your family precious minutes.

- Draw a floor plan of your home and sketch exit routes out of every room.
- Make sure you have a fire escape ladder long enough to reach the ground from upstairs rooms.
- Assign an outside meeting place to quickly locate each other.

### Safety, by room

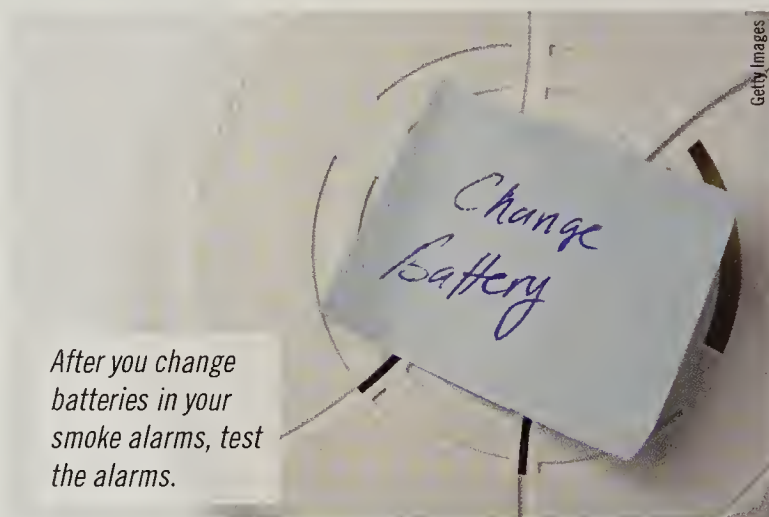
Check your rooms using this information.

#### Bedrooms

- Do not trap electrical cords against walls. Heat can build up, posing a fire hazard.
- Use only lab-approved electric blankets and warmers. Make sure cords are not worn or coming apart. Do not leave electric blankets switched on all night unless they are marked "suitable for all night use."
- Keep bedding, curtains and other combustible items at least three feet away from space heaters.
- Never smoke in bed.
- Replace mattresses made before the 2007 Federal Mattress Flammability Standard. By law, mattresses made since then are required to be safer.
- Install smoke alarms in every bedroom and outside each sleeping area.

#### Change smoke alarm batteries when you reset clock

Daylight-saving time ends on Sunday, Nov. 4, when the nation resets its clocks back one hour. The Change Your Clock Change Your Battery® program reminds people to change the batteries in their smoke alarms and carbon monoxide detectors when they change their clocks. (Whether you select this day or another, batteries should be changed annually for alarms and detectors.) Remember to test alarms and detectors, too. The International Association of Fire Chiefs recommends having a combination of both ionization and photoelectric smoke alarms, to alert you to all types of home fires.



- Candles are responsible for almost 10,000 fires a year. A flameless wax candle can provide a realistic flicker without the hazard of open flame.

#### Kitchen

- Cooking is the leading cause of reported home fires and home fire injuries in the United States.
- Never use extension cords to plug in cooking appliances; they can overload the circuit.
- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Keep flammable items away from the cooktop.
- Keep the cooktop, burners and oven clean.
- Have a fire extinguisher installed in or near your kitchen.

#### Garage

- Store all combustible materials in clearly marked containers away from regular sources of heat, such as water heaters, space heaters, boilers and furnaces.
- Keep flammable products in a dedicated storage container with a closed door.
- Get rid of stacked boxes, recycling and trash.

Find more fire safety information at [www.Energizer.com](http://www.Energizer.com). ⓘ

—Family Features.com



# Heat a room from the floor up

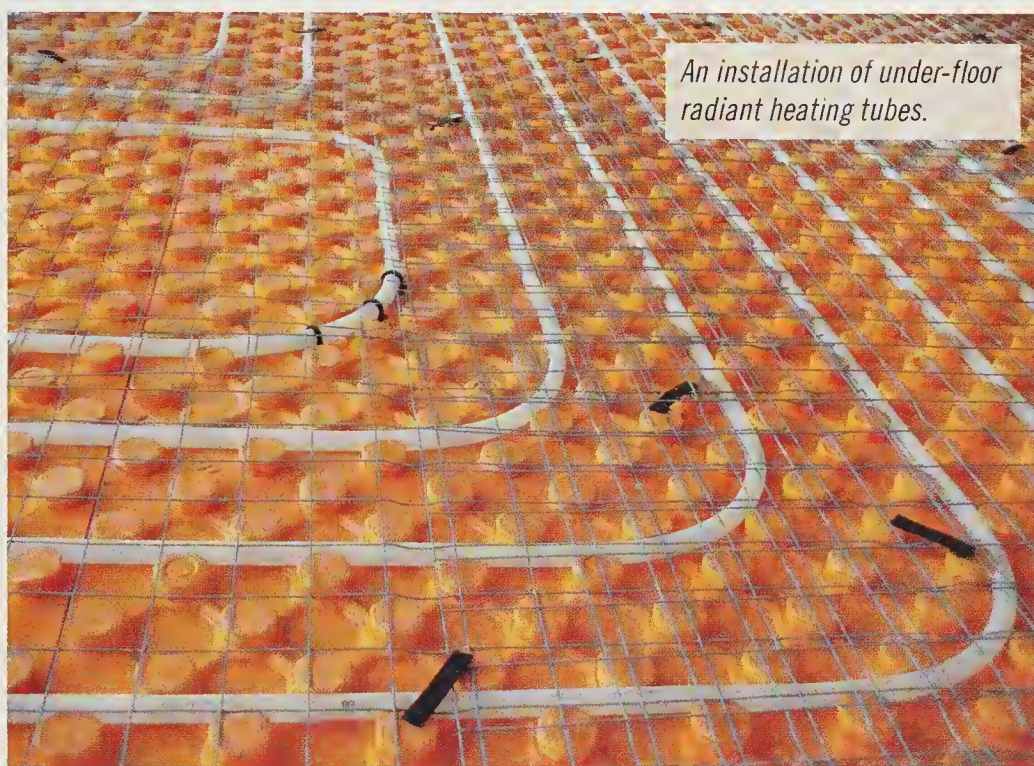
*Uniform heat distribution is one advantage of under-floor radiant heating*

Under-floor radiant heating involves underlaying the floor with a hot element or tubing that transfers heat into the room via infrared radiation and convection, making forced or blowing air unnecessary.

According to the U.S. Department of Energy's Energy Savers website, radiant heating "is more efficient than base-board heating and usually more efficient than forced-air heating because no energy is lost through ducts." It is also flexible as it can run off electricity, gas, oil, wood, solar and other sources or combinations thereof can feed radiant systems. And radiant heating is a good choice for those with severe allergies as no potentially irritating particles get blown around the room.

Several aspects of radiant heating make it more energy efficient. For starters, the uniform heat distribution over the entire surface of a floor heats the lower half of the room, enveloping inhabitants in warmth at a lower overall temperature—in some cases up to five degrees Fahrenheit cooler—than a conventional heating system. "Radiators and other forms of 'point' heating circulate heat inefficiently and hence need to run for longer periods to obtain comfort levels," reports the Residential Energy Services Network (RESNet). "They draw cold air across the floor and send warm air up to the ceiling, where it then falls, heating the room from the top down, creating drafts and circulating dust and allergens." RESNet adds that radiant systems transmit heat on average some 15 percent more efficiently than conventional radiators.

The efficiency gains can be magnified significantly with good insulation and a well-designed system. While tearing out old heating systems and/or replacing decent existing flooring might be overkill for the sake of moving to radiant heat, you can certainly consider it if you are embarking on new building projects or



contemplating major renovations. According to TLC Network's Green Living Guide, there are two main types of radiant heating, electric and hydronic. In the former, heated wires installed in the floor radiate heat upward. This type of radiant heat is most commonly used to retrofit a single room—especially a bathroom or kitchen—in an older house or building. Meanwhile, hydronic radiant heating, whereby heated water is forced through tubes under the floor, is more

often designed into a new structure from the get-go and is more energy efficient overall.

TLC points out that while radiant heat is definitely more efficient in smaller, snug homes with lower roofs, it might not always be the best solution in homes with bigger rooms: "In some scenarios it can be less energy efficient than forced-air heating."

Contact a reputable heating contractor to see if radiant heating is a sensible way to go. 📍

**Resources:** Energy Savers, [www.energysavers.gov](http://www.energysavers.gov); RESNet, [www.resnet.us](http://www.resnet.us); TLC Network Green Guide, <http://tlc.howstuffworks.com/home/green-living.htm>; DSIRE Database, [www.dsireusa.org](http://www.dsireusa.org).

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# Seniors on the road

*It's important to express your concern for their safety*

By Carole Howell

To expect that my father will concede cheerfully when he can no longer safely drive himself is simple naïveté on my part. I expect that if the day comes when I must take the keys away, it will spark the onset of Armageddon, or at the very least, the next great world conflict.

He has faced this dilemma with his own older siblings, so it's only rational that he would understand my concern. In my delusional state, Dad will be understanding and cooperative. In reality, however, my father is often irrational as well as stubborn.

"I may not be able to walk so well," he tells me, "but driving is something I do very well." He just doesn't want to talk about it. Period.

## Stunning statistics

For now, he's right, but for many other seniors, and their family members, the statistics can stun even the most irrational. Nationwide, older motorists are involved in a disproportionately high share of deadly crashes. In North Carolina, 16 percent of drivers are 65 or older. In 2010, 232 were involved in 18 percent of crashes resulting in fatalities and 153 of those fatalities were the seniors themselves. (Data provided by Tripnet, a non-profit transportation research group.)

We've heard stories of seniors who have driven through a storefront when mistaking the gas for the brake. Some seniors have been known to leave for their neighborhood grocery store only to be found lost and disoriented hours later. In a worst-case scenario, an older driver dies in a crash that takes other lives as well.

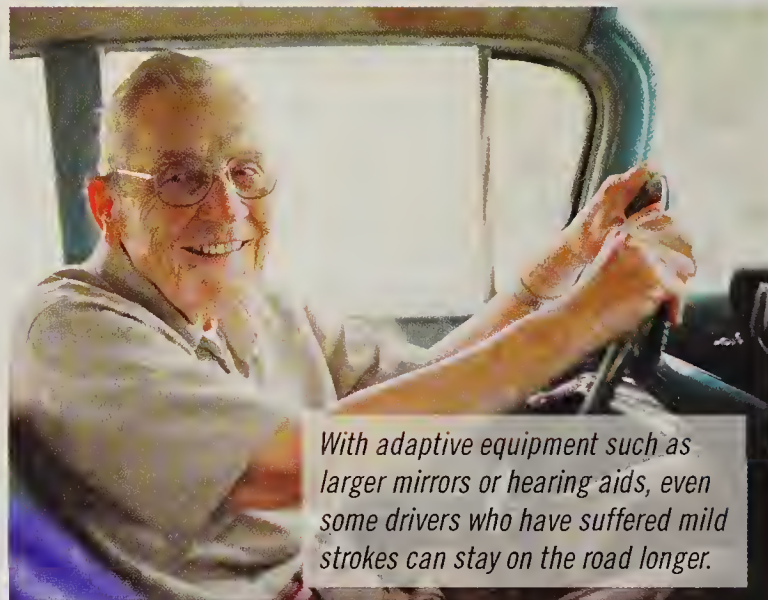
Yet to many seniors, loss of driving privileges signals an end to independence and control, and this can be a devastating blow.

A spouse is often the first to notice unsafe driving behavior, unexplained damage to the car, or forgetfulness. Many times questions are raised when law enforcement investigates a fender-bender or observations that could be related to health problems such as slow reaction time and falling asleep.

## North Carolina supports safety

Reports funneled to the North Carolina Division of Motor Vehicles often trigger an evaluation and driving test. In North Carolina, anyone can refer a driver to the state's evaluation program that usually begins with a visit and assessment by the driver's own physician or a certified driving evaluator.

According to Ed Herbster, an occupational therapist and certified driving evaluator at CarePartners in Asheville, normal aging with its decreased reaction times contributes to senior driving safety. Conditions like dementia and Alzheimer's disease raise obvious red flags, but, age-related problems like heart disease, glaucoma, hypertension, cataracts, diabetes or blood



*With adaptive equipment such as larger mirrors or hearing aids, even some drivers who have suffered mild strokes can stay on the road longer.*

sugar problems, blackouts and sleep disorders can also contribute to decreased ability behind the wheel.

An experienced evaluator first conducts an interview. A road test, usually lasting about an hour and a half, allows the evaluator to observe reaction times, visual acuity, hearing ability, and whether the driver is using turn signals correctly and checking their blind spots.

"With adaptive equipment such as larger mirrors or hearing aids, even some drivers who have suffered mild strokes can stay on the road longer," says Herbster. "Simply taking medications as prescribed can be a way to control driving problems. Understanding the symptoms of a medical condition or side effects of medications can help a senior driver understand when they need to call for a ride. You can see how that's positive news for some seniors."

"The most difficult cases occur when the senior is blindsided with the news that their keys will be taken away," he says. "It works best to include a physician, a pastor, siblings or other trusted friends when you raise the subject. It's important to express your concern for their safety. It's not a punishment to take the keys away. You are truly looking out for everyone's best interest, including other drivers."

Options for transportation include private and public transportation, taxi services, friends, neighbors, home-health caretakers, and of course the senior's own family. Assisted-living communities always have planned transportation to the physician's office, shopping and events. 📍

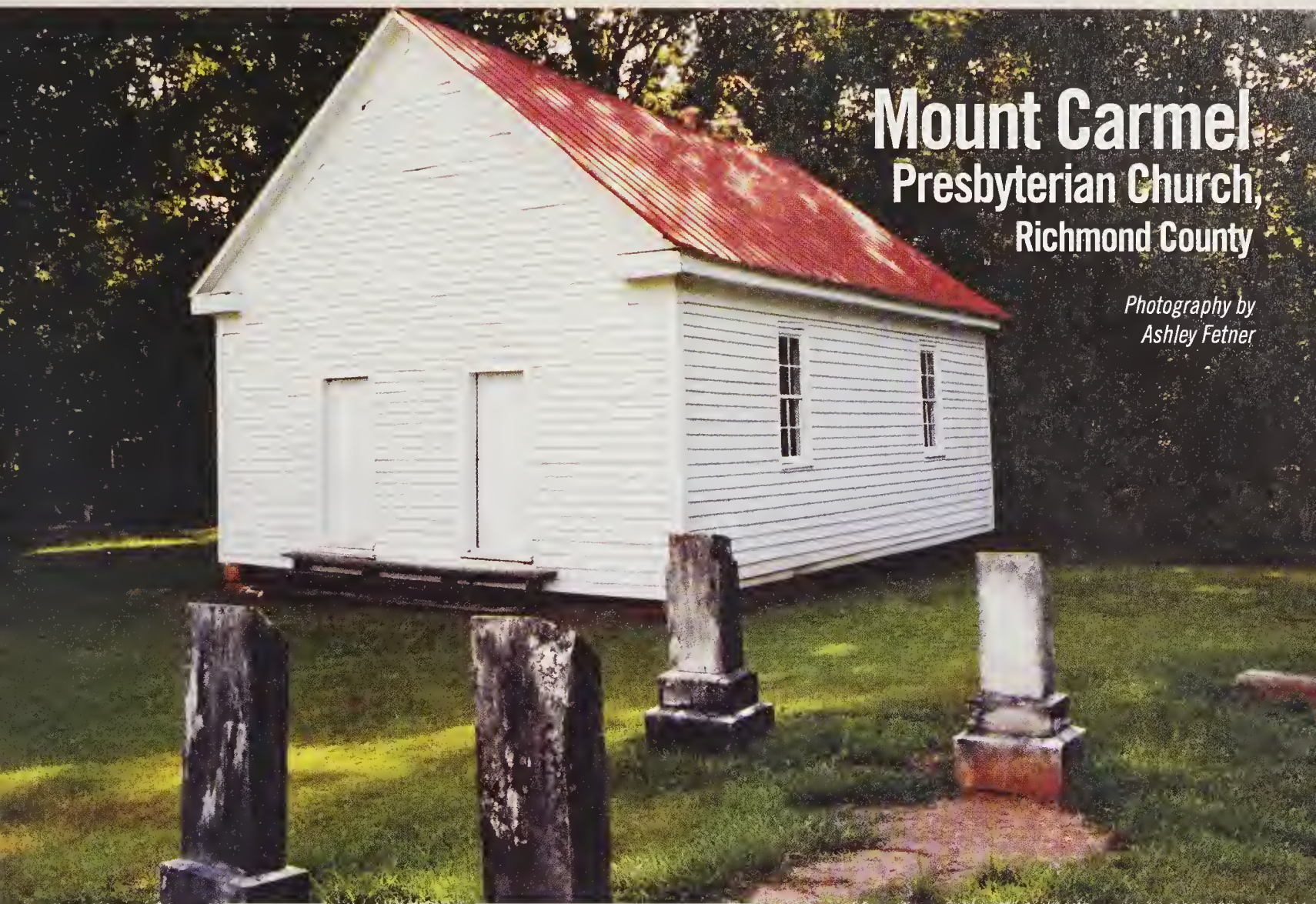
Carole Howell is a writer who lives in Lincolnton. Visit her website [www.walkerbranchwrites.com](http://www.walkerbranchwrites.com)

For information and to initiate a driver evaluation in North Carolina, family members and physicians can look for the Medical Evaluation section of the state's website at [www.ncdot.gov/dmv](http://www.ncdot.gov/dmv) or call (919) 861-3809.



# Mount Carmel Presbyterian Church, Richmond County

*Photography by  
Ashley Fetner*



**M**ount Carmel Presbyterian Church, located on the Richmond-Montgomery county line near Ellerbe in central North Carolina, was organized in 1776 by the Rev. John Bethune. Mount Carmel is 11th on the Presbyterian Church in America list of its 50 oldest churches.


Rev. Bethune came with other immigrants from the Isle of Skye in Scotland to settle in this area of North Carolina. He was minister at Mount Carmel until 1779, when he was captured with other Highlanders in a skirmish with the Continental Army and was sent to a prison in Philadelphia. Eight months later he was released, and after the end of the war he traveled to Canada to found new churches.

In 1790, the Rev. Colin Lindsey came from Scotland to North Carolina and served as Mount Carmel's minister from 1799 until 1812. Since 1776, more than 200 ministers have served in the pulpit.

The church was located on what was the well traveled east-west Pee Dee Road, which put the church in harm's way during the Civil War. Other churches in the area sustained damage from Sherman's Army: bullet holes in the dome of the Ellerbe Springs church, messages on the walls and in the pulpits Bible of the Old Laurel Hill Presbyterian Church. But Mount Carmel was spared damage by Sherman's Army. In fact the Bible, printed in 1838, remained on the pulpit and is still in existence today.

In 1944, the Mount Carmel congregation elected a building committee to start construction on a new brick church



where services are held today, approximately 200 yards in front of the old wooden church. Members began restoring the original wooden church in 1981 and completed work in 1984. They made replicas of the original pulpit and pews and placed them in the same areas where they had been. They replaced boards, strengthened the floor, painted the building and restored the pot-bellied stove. The "old white church on the hill" is a testament to the faith and courage of those who were forced to leave their homeland to pursue freedom in a new land. 

*—Kay Fetner*

*Kay and Ashley Fetner live in Asheboro and are members of Randolph EMC. Visit [www.ashleyfetnerportraits.com](http://www.ashleyfetnerportraits.com).*





Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay \$50 for each one that we publish in our Carolina Country Scenes gallery in the February 2013 magazine.

## CAROLINA COUNTRY SCENES photo contest

### RULES:

Deadline: December 10, 2012.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels.  
Prints a minimum of 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

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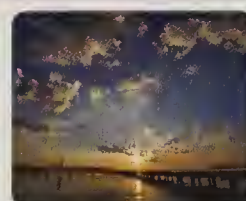
We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)

### SEND TO:

E-mail: [editor@carolinacountry.com](mailto:editor@carolinacountry.com)  
Mention "Photo Contest" in subject line.

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This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Nov. 6 with your name, address and the name of your electric cooperative.

**By e-mail:** Where@carolinacountry.com

**Or by mail:** Where in Carolina Country?  
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Raleigh, NC 27611

**Online:** www.carolinacountry.com

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our November issue, will receive \$25. To see the answer before you get your December magazine, visit our website [www.carolinacountry.com](http://www.carolinacountry.com)

## October



### October winner

A good number of you from various places in the state recognized the photo of a collapsing building in Sampson County, sent to us by John and Bonnie Diebert of Morehead City. It's at the intersection of US 13 (Fayetteville-Newton Grove Highway) and Hollerin' Road just west of Spivey's Corner. The winning entry, chosen at random from all correct submissions, was from Angela Futrell of Mt. Olive, a member of Tri-County EMC.

*Johnnie Maretta Vaughn of Fayetteville has a special bond with this building. She has watched and photographed it over the years. She even wrote a poem about it. See the poem "The Good Old Days" in the Where Is This section of our website.*

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## Carolina Creations Gallery

Carolina Creations, a contemporary fine art gallery, sells work by more than 300 well-known artists and craftspeople, both online and through its storefront gallery on the Neuse River in New Bern. Owned by artists Janet and Michael Francoeur, Carolina Creations sells an array of items, including paintings, sculpture, jewelry, clocks, ceramics, stick furniture, teapots, gift cards and holiday gifts. The Francoeurs make the pottery shown and call it Celebration Pottery because they make many of its pieces for weddings, anniversaries and births. They can add people's names on it. Prices range from \$25–\$250, with most costing \$32–\$115.

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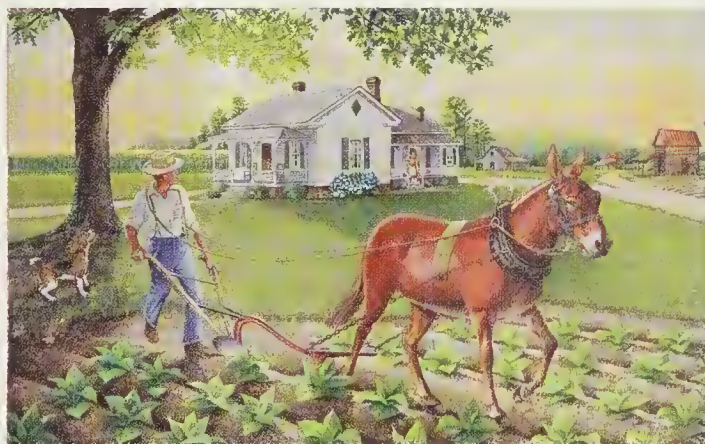
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## "Suppertime" Art Print

"Come home, it's suppertime." These are the words Ronald Ragland heard while listening to a Southern gospel quartet in Clayton, N.C., sing the song that inspired him to paint this scene of his grandfather's homeplace with his grandmother calling him to supper from the back porch. Signed and numbered prints of "Suppertime," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

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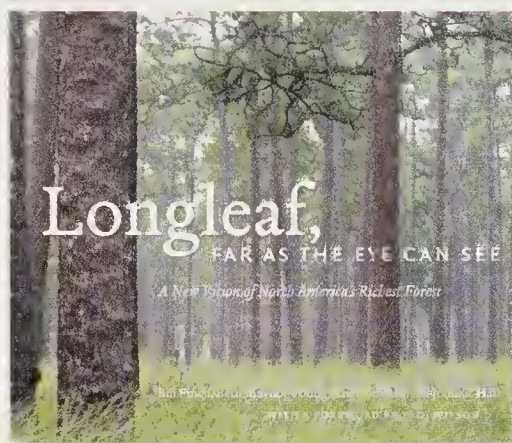
### *"Memories" Art Print*

Many people loved Ronald Ragland's "Memories" art print that was featured in Carolina Country, so he presents it again. It depicts his father, Hugh Ragland (right), priming tobacco with associate, Albert Downey, and his mule, George, while others in the background hand and tie tobacco for the curing barn. The scene is along Durham Road in Granville County where Ronald grew up. Look for the tobacco worm in the picture. Signed and numbered prints of "Memories," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

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## "Hot Pursuit" Art Print

After so many requests to paint this scene, Ronald went to the country and watched these little beagles run after the rabbits so hard that he was inspired to do this painting. He noticed each beagle had its own personality, so Ronald worked hard to capture the look of the determined lead dog to the last dog that's just having fun. Signed and numbered prints of "Hot Pursuit," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

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[www.southern gateways.com](http://www.southern gateways.com)





## Sweet Tea Shirts

SweetTea is a North Carolina company created to celebrate our Southern dialect on colorful pigment-dyed preshrunk women's t-shirts. Today, thousands of SweetTea shirts can be seen all over the country preserving the conversational charm of the South for future generations to enjoy. Our sayings will remind you of your favorite family expressions, so grab a cold glass of sweet ice tea and check out [www.sweeteashirts.com](http://www.sweeteashirts.com). You'll not only fall in love with the soft comfort of the shirt, I swanee, you'll be amazed at how many people you're gonna make smile!

SweetTea LLC  
P.O. Box 408  
West Jefferson NC 28694  
(336) 877-8787  
[www.sweeteashirts.com](http://www.sweeteashirts.com)

## Create A Video

Create A Video has been preserving and protecting family memories for over 25 years. We make it our business to make your family memories last for generations. Some of the services we offer are: old home movie films and VCR tapes transferred to DVD. We also scan and preserve 35mm slides and photographs. While all our services are great gifts and a way to protect your memories, our best gift by far is our Create A Video product: a heartwarming video made from family photos with special effects and music. Great prices. Personalized service your memories deserve.

Create A Video  
Mint Hill, NC 28227  
(704) 846-5588  
(800) 533-7636  
[www.createavideo.com](http://www.createavideo.com)



## Elizabeth's Pecan Products

Elizabeth's Pecan Products has been creating 9 delicious pecan products with North Carolina pecans since 1996. Included in her product line is a world famous "soft" pecan brittle—unlike any other brittle you've



ever had. Elizabeth also serves up a butter-roasted, chocolate-coated pecan, an extraordinary praline pecan and a flavorful mandarin-honey flavored pecan. Elizabeth can also design various sizes of baskets with a large selection of delectable products. Ask for the N.C.-shaped basket for you or your loved ones. She also specializes in providing your company's client gifts. Call one of Elizabeth's corporate gift specialists today.

Elizabeth's Pecan Products  
P.O. Box 421  
Turkey, NC 28393  
(866) EAT-PECANS (866-328-7322)  
[www.elizabethspercans.com](http://www.elizabethspercans.com)

## Homemade Pound Cake

Everyone loves the taste of homemade pound cake, but who has the time? The Busy Bee Gourmet can help. From the traditional butter pound cake to blueberry pound cake made with blueberries grown on our farm, The Busy Bee Gourmet is sure to satisfy even finicky eaters. Using quality ingredients and family recipes, The Busy Bee Gourmet bakes the kind of desserts you would make, if you had the time, and ships them fresh, directly to you or your loved ones. Available in 8-inch and 10-inch sizes, prices range from \$21 to \$30, depending on size and flavor, plus shipping.



The Busy Bee Gourmet  
Mount Gilead, NC 27306  
(910) 572-2560  
[www.busybeegourmet.com](http://www.busybeegourmet.com)





### "Cold Pursuit" Art Print

"Cold Pursuit" is the latest print by Raleigh artist Ronald Ragland. After the success of the "Hot Pursuit" art print, Ronald heard from northern rabbit hunters asking him to paint a winter scene with beagles chasing a snowshoe hare, the rabbit with large hind legs that turns from brown to white during the winter. Signed and numbered prints of "Cold Pursuit," measuring 16-by-20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

Ragland Prints  
4215 Jane Lane, Raleigh, NC 27604  
(919) 876-8747  
[www.beagleart.com](http://www.beagleart.com)

### Personalized Romance Novels

This holiday, put any couple in their own personalized romance novel, including "Season's Greetings, Season's Love." Even add their photo on the cover for a unique gift from Raleigh-based YourNovel.com. Books are personalized with over 20 details like the couple's names, hometown, places of work, eye and hair color, best friends, favorite music, how long they've been a couple and more. For fun, each book comes "wild" or "mild." Among the dozens of book settings are Rome, Tahiti, Alaska, the Caribbean, a dude ranch, detective thrillers, and a golf fantasy.

\$14.95 for ebooks, \$39.95 for paperbacks, \$74.95 for hardbacks. Visit the website.

Your Novel  
Raleigh, NC  
(800) 444-3356  
[www.yournovel.com](http://www.yournovel.com)



### Taylor's Peanuts

With a lifetime of experience in the restaurant business, our family delivers a North Carolina style of excellence in quality, freshness, reasonable prices and top quality service. Our high-quality Virginia peanuts are grown and cooked on the farm. Our peanut line includes salted, redskins, sea salt, and black pepper. We also offer chocolate-covered peanuts, chocolate-covered brittle, blonde peanut brittle, peanut squares, and butter toffee peanuts. Ask about our gift baskets and boxes, and our burlap bags of raw peanuts. Our peanuts and candies are delicious and nutritious. We are a proud member of Goodness Grows in North Carolina.

Taylor's Home Cooked Peanuts  
1104 Statesville Road  
Como, NC 27818  
(252) 398-9946  
[www.taylorspanuts.com](http://www.taylorspanuts.com)

### Carolina Country Publications

#### Carolina Country Magazine

Recipes, puzzles, memories, pictures, people and places, coming events, gardening, energy help. Give a gift subscription, and we'll send a card to the recipient. \$10 for 12 issues.

#### "Carolina Country Reflections"

More than 200 photographs showing life in rural North Carolina before 1970. Each has a story. Hardcover, 8 1/2-by-11 inches, 160 pages. \$35 (includes tax and shipping). Includes free cookbook.

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Carolina Country  
3400 Sumner Blvd.  
Raleigh, NC 27616  
(919) 875-3091  
[www.carolinacountry.com](http://www.carolinacountry.com)





## A Gift Outside the Box

One in six people in North Carolina is at risk of hunger.

This holiday season you can honor family and friends and feed our hungry neighbors at the same time. Support Second Harvest Food Bank of NWNC by purchasing Gift Outside the Box holiday honor cards. These beautiful cards feature art created by children who participate in Kids Cafe, a program of Second Harvest Food Bank of NWNC. Buy a package of 8 assorted cards for \$20, or send your card list to Second Harvest Food Bank and they will address and mail your cards for a donation of \$10 per card.



Second Harvest Food Bank of Northwest NC  
3655 Reed Street  
Winston-Salem, NC 27107  
(336) 784-5770, ext. 244  
[www.hungernwnc.org](http://www.hungernwnc.org)

## Savor the South™ Cookbooks

Each little cookbook in our Savor the South™ Cookbooks collection is a celebration of a beloved food or tradition of the American South. From buttermilk to bourbon, pecans to peaches, bacon to catfish, each Savor the South™ cookbook will stock a kitchen shelf with the flavors and culinary wisdom of this popular American cuisine. Written by well-known cooks and food lovers, each brims with personality and the informative and often surprising culinary and natural history of Southern foodways. Some 50 recipes—from delicious Southern classics to sparkling international renditions—open up worlds of taste for cooks everywhere. Also available as e-books.

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[www.southerngateways.com](http://www.southerngateways.com)

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**Pecans**  
KATHLEEN PURVIS



a SAVOR THE SOUTH™ cookbook  
**Buttermilk**  
DEBBIE MOOSE



## Tonya's Cookies

I remember sitting in the front of the fireplace with my grandmother, Mama Dip, shelling pecans. Who knew that later I would create a cookie that tastes like her world-famous pecan pie. My grandmother is still embarking on her journey at Mama Dip's restaurant in Chapel Hill. But who knew that sitting in front of that fireplace cracking pecans with her would start me on my own journey. This holiday, share my childhood memories with a bag of pecan crisp cookies. Gift boxes and tins also are available. Not sure of which cookie to choose? Let us do it for you with our Cookie of the Month Club.



Tonya's Cookies  
Chapel Hill, NC  
(919) 423-3392  
[www.TonyasCookies.com](http://www.TonyasCookies.com)

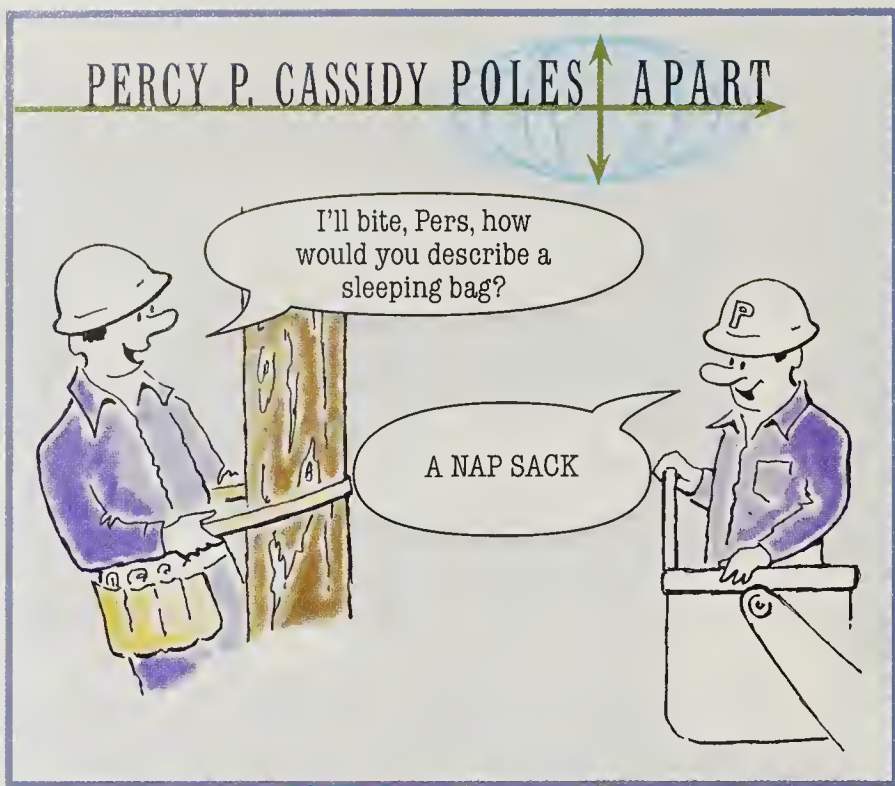
## Bottle Top Lock

Chris and Chris Enterprise is a locally-owned company in eastern North Carolina. The Bottle Top Lock® is a simple device designed for security and safety. You open, and then close, the lock over the existing cap of most bottles, including most medicine bottles, household chemical bottles, soda bottles, alcoholic beverage bottles and many other containers around your home and/or business. Each set, which sells for \$4.75 plus shipping, comes with one mini brass lock and a small and large Bottle Top Lock®. Sets come in three colors—red, white or blue. Visit our website for further information.



Chris and Chris Enterprise  
3661 Battleboro -Leggett Road  
Battleboro, NC 27809  
(252) 813-5749  
[www.ccebiz1.com](http://www.ccebiz1.com)





# WORD DRAW-WRAP-PRAY PLAY

S H E E P

— — — — —  
— — — — —  
— — — — —  
— — — — —

M E A D O W

To get this sheep into the meadow, you must change a letter or add a letter in each step to spell another word. You can rearrange letters in any step. Your answer may be different from mine, so send it along to the e-mail address at the top of this page. I enjoy hearing from you.



Give me an L!!!

The five letters R A C I G can be rearranged to spell CIGAR. What word can you spell with the additional letter L?

— — — — —

## MATCHBOXES

1	7	1	3
N	G	N	F

x	2
	R

3	6	2	4	5	9
F	E	R	O	A	U

x	2
	R


					D

Each digit in these multiplication problems stands for the letter below it. Solve the problems and write your answers in the box tops. One digit to each box. Then match boxes to find the nickname for a golf course in your answers.

## MIDLINGS

Can you insert two letters into each of these combinations to make six-letter words?

A	S	—	—	M	E
A	D	—	—	I	N
A	M	—	—	O	N
A	N	—	—	O	R
A	T	—	—	I	N

## And then I read...

“An internal campus review disclosed in May that 54 suspect courses in the (UNC) African studies department, many heavily attended by athletes, were no-show classes...”

—The News & Observer (Sept. 1, 2012)

How's that again?

For answers, please see page 48

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# November Events

## Mountains (west of I-77)

### Faith And Church Heritage

225th anniversary celebration  
Nov. 1, Rutherfordton  
(828) 287-6113  
[www.rpconline.org](http://www.rpconline.org)

### Coffee House Live!

Food, entertainment  
Nov. 2, West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

### Laurelyn Dossett & Daniel Roumain

Concert includes local musicians  
Nov. 2, West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

### Art Walk

Nov. 2, Murphy  
(828) 494-7403  
[www.valleyriverarts.com](http://www.valleyriverarts.com)

### Ann Fontanella In Concert

Violin virtuoso  
Nov. 3, Statesville  
(704) 876-0204  
[www.iredellconcerts.com](http://www.iredellconcerts.com)

### Red Green's Live Wit & Wisdom Tour

Nov. 9, Spindale  
(828) 287-613  
[www.foundationsshows.org](http://www.foundationsshows.org)

### Tony Rice Unit

& Steep Canyon Rangers  
Acoustic music innovators  
Nov. 10, Spindale  
(828) 287-6113  
[www.foundationsshows.org](http://www.foundationsshows.org)

### Rehobeth Pork BBQ

Nov. 10, Terrell  
(828) 478-2518  
<http://rehobethumc.org/news.html>

### Tribute To Woody Guthrie

Concert by Randy Noojin  
Nov. 10, Hayesville  
(828) 389-2787  
[www.peacockplayhouse.org](http://www.peacockplayhouse.org)

### Military Timeline

Demos at Fort Dobbs  
Nov. 10-11, Statesville  
(929) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

### The Anchormen & The Taylors

Carolina Gospel Association concert  
Nov. 15, Rutherfordton  
(828) 287-6113

### Turkey Supper

Bill's Creek VFD Benefit  
Nov. 17, Lake Lure  
(828) 625-5517

### Christmas Decorations Lighting

Open House at Santa's House  
Nov. 22, Forest City  
(828) 287-6113  
[www.forestcityevents.com](http://www.forestcityevents.com)

### Christmas In The Park & Town Lighting

Nov. 23, Blowing Rock  
(828) 295-4636  
[www.blowingrock.com](http://www.blowingrock.com)

### One Leg Up Concert

Gypsy jazz, Latin swing  
and original jazz  
Nov. 24, Hayesville  
(828) 389-6418  
[www.peacockplayhouse.org](http://www.peacockplayhouse.org)

### Christmas Parade

Nov. 24, Blowing Rock  
(828) 295-5222  
[www.blowingrock.com](http://www.blowingrock.com)

### Thanksgiving Kiln Opening

Nov. 24, Blowing Rock  
(828) 295-3862  
[www.traditionspottery.com](http://www.traditionspottery.com)

### Holiday Parade

Nov. 25, Forest City  
(828) 287-6113  
[www.forestcityevents.com](http://www.forestcityevents.com)

### Rutherford Heritage Singers

Celtic Christmas presentation  
Nov. 29, Rutherfordton  
(828) 287-6113  
[www.rchsociety.com](http://www.rchsociety.com)



*Celebrate our state's American Indian history and culture at the 17th Annual American Indian Heritage Celebration in Raleigh on November 17. Call 919-807-7900 or visit [www.ncculture.com](http://www.ncculture.com)*

### Christmas Crawl

Nov. 30, West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

### Winnie The Pooh

Through Nov. 4, Hickory  
(828) 327-3855  
[www.hct.org](http://www.hct.org)

### ONGOING

#### Street Dance

Monday nights, Hendersonville  
(828) 693-9708  
[www.historichendersonville.org](http://www.historichendersonville.org)

#### Historic Carson House Guided Tours

Wednesday-Saturdays  
(828) 724-4948  
[www.historiccarsonhouse.com](http://www.historiccarsonhouse.com)

#### Bluegrass Music Jam

Thursdays, Marion  
(828) 652-2215

#### Country/Bluegrass Jam Session

Friday nights through Nov. 30,  
Lake Toxaway  
(828) 966-4060

#### Alleghany Jubilee

Tues. & Sat. nights  
Sparta  
(336) 372-4591  
<http://alleghanyjubilee.com>

#### Music At The Mills

Through Dec. 28, Union Mills  
(828) 287-6113

**Listing**

**Deadlines:**  
For Jan.: Nov. 25  
For Feb.: Dec. 25

**Submit Listings Online:**  
Visit [www.carolinacountry.com](http://www.carolinacountry.com) and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail [events@carolinacountry.com](mailto:events@carolinacountry.com).



**Tree Fest & Miniatures**

Nov. 19–Dec. 28, West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

**Holiday Lights At The Garden**

Nov. 23–Dec. 31, Belmont  
(704) 825-4044  
[www.dsbgo.org](http://www.dsbgo.org)

**Christmas Town USA**

Festive lights display  
Nov. 30–Dec. 26, McAdenville  
(704) 825-4044  
[www.mcadenville-christmastown.com](http://www.mcadenville-christmastown.com)

**Piedmont (between I-77 & I-95)****Holly Day Fair**

Expo gift and craft show  
Nov. 1–4, Fayetteville  
(910) 483-5311  
[www.hollydayfair.com](http://www.hollydayfair.com)

**Robert F. Kennedy, Jr. Lecture**

"The Green Gold Rush"  
Nov. 1, Pinehurst  
(910) 692-6185  
[www.sandhills.edu](http://www.sandhills.edu)

**All Things Royal Doll Exhibit**

Making over-the-top headpieces  
Nov. 2, Spencer  
(704) 762-9359  
[www.spencerdollandtoymuseum.com](http://www.spencerdollandtoymuseum.com)

**Cozy Cottage Craft Show**

Nov. 2–3, Kernersville  
(336) 993-2260

**Behind The Scenes Tours**

Explore the Capitol  
Nov. 3, Raleigh  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

**Interfaith Storytelling Festival**

Nov. 3, Winston-Salem  
(336) 722-9112  
[www.if-ws.org](http://www.if-ws.org)

**Authentic Tintype Images**

Nov. 3, Spencer  
(704) 762-9359  
[www.spencerdollandtoymuseum.com](http://www.spencerdollandtoymuseum.com)

**Fall Festival**

Nov. 3, Lillington  
(919) 893-4888  
[www.friendsofavenrock.org](http://www.friendsofavenrock.org)

**Lake Gaston Adventurers Craft Fair**

Nov. 3, Littleton  
(252) 535-4519

**Wescare Christian Academy Craft Bazaar**

Nov. 3, Troy  
(910) 572-7968

**Battle For The Brave**

10K & 5K Road Race  
Nov. 3, Fayetteville  
(910) 483-5311  
[www.cincodemayo10k.org/Battle\\_for\\_the\\_Brave.php](http://www.cincodemayo10k.org/Battle_for_the_Brave.php)

**President James K. Polk Birthday**

Nov. 3, Pineville  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

**The Lowe Family Variety Show**

Nov. 6, Hamlet  
(910) 410-1691  
[www.richmondcc.edu](http://www.richmondcc.edu)

**Special Operations Forces Symposium & Expo**

Nov. 6–7, Fayetteville  
(910) 483-5311  
[www.sofex.org](http://www.sofex.org)

**Stars And Guitars**

Nashville musicians perform  
Nov. 7, Fayetteville  
(910) 483-5311  
[www.wkml.com/stars-and-guitars](http://www.wkml.com/stars-and-guitars)

**Rhythm & Blooms Benefit Concert**

Cape Fear Botanical Gardens  
Nov. 8, Fayetteville  
(910) 483-5311  
[www.capefearbg.org/event\\_public.php](http://www.capefearbg.org/event_public.php)

**Davie Craft Corner**

Nov. 8–10, Mocksville  
(336) 945-3287

**Arts & Craft Show**

Nov. 8–10, Raleigh  
(919) 847-4868  
[www.visionsofsugarplumsraleigh.com](http://www.visionsofsugarplumsraleigh.com)

**Southern Christmas Show**

Nov. 8–18, Charlotte  
(704) 494-7543  
[www.southernshows.com](http://www.southernshows.com)

**Gladys Knight**

Community Concert series  
Nov. 9, Fayetteville  
(910) 483-5311  
[www.community-concerts.com](http://www.community-concerts.com)

**Hawkeye Indian Pow Wow**

Nov. 9–10, Red Springs  
(910) 843-9484  
[www.hawkeyeindianculturalcenter.com](http://www.hawkeyeindianculturalcenter.com)

**Heroes Homecoming II**

Nov. 9–11, Fayetteville  
(910) 483-5311  
[www.armysarmy.com/national/index.php](http://www.armysarmy.com/national/index.php)

**Taste of Home Cooking Show**

Nov. 10, Fayetteville  
(910) 483-5311  
[www.atthecrown.com/events/calendar.aspx](http://www.atthecrown.com/events/calendar.aspx)

**Capitol Ceremony**

Parade honoring Veterans  
Nov. 10, Raleigh  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

**Veterans Day Car Show**

Nov. 10, Fayetteville  
(910) 483-5311  
[www.fcpr.us/transportation\\_museum.aspx](http://www.fcpr.us/transportation_museum.aspx)

**Open Studio Tour**

Nov. 10–11, Orange County  
(919) 732-8324  
[www.orangecountyartistsguild.com](http://www.orangecountyartistsguild.com)

**World War II Live Reenactment**

Nov. 10–11, Fayetteville  
(910) 483-5311  
[www.averasboro.com](http://www.averasboro.com)

**Bethabara Concert Band**

Holiday Concert  
Nov. 15, Winston Salem  
(336) 924-8191  
[www.bethabarapark.org](http://www.bethabarapark.org)

**Auto Show**

More than 400 vehicles  
Nov. 15–18, Charlotte  
(704) 364-1078  
[www.charlotteautoshow.com](http://www.charlotteautoshow.com)

**Hometown Holiday Celebration**

Nov. 16–17, Mebane  
(336) 525-6060  
[www.downtownmebane.com](http://www.downtownmebane.com)

**Celebration Of Seagrove Potters**

Nov. 16–18, Seagrove  
(336) 873-1001  
[www.celebrationofseagrovepotters.com](http://www.celebrationofseagrovepotters.com)

**Warrior 5K at Town Creek**

Nov. 17, Mount Gilead  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

**Open Barn Day**

Alpacas, handmade products, craft demos  
Nov. 17, Asheboro  
(336) 625-3887  
[www.carawayalpaca.com](http://www.carawayalpaca.com)

**Climbing For Epilepsy Fundraiser**

Vendors, food, facepainting  
Nov. 17, Fayetteville  
(910) 483-5311  
[www.theclimbingplace.com](http://www.theclimbingplace.com)

**Ellerbe Farmers' Day Parade**

Nov. 17, Ellerbe  
(910) 895-3950

**American Indian Heritage Celebration**

Nov. 17, Raleigh  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)



Watch the kites go up around 4 p.m., and see the sky light up as the sun goes down! Kites with Lights takes place at Nags Head on November 24. Free hot cider and cookies. Call (877) 359-8447 or visit [www.outerbanks.org/outerbanks-event/?aid=1170](http://www.outerbanks.org/outerbanks-event/?aid=1170)



**Italian & Spanish Inspirations Concert**  
Nov. 17, Fayetteville  
(910) 483-5311  
[www.fayettevillesymphony.org](http://www.fayettevillesymphony.org)

**Royal Afternoon Tea**  
Nov. 18, Spencer  
(704) 762-9359  
[www.spencerdolandtoymuseum.com](http://www.spencerdolandtoymuseum.com)

**Confederate Conscription Laws: A Primer**  
Nov. 19, Raleigh  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

**The Art of Giving Exhibit**  
Nov. 30, Hillsborough  
(919) 732-5001  
[www.hillsboroughgallery.com](http://www.hillsboroughgallery.com)

**Northmont Estates Thanksgiving Parade**  
Benefit for hospice  
Nov. 22, Asheboro  
(336) 362-4285  
[www.hospiceofrandolph.org](http://www.hospiceofrandolph.org)

**A Dickens Holiday**  
Horse-drawn carriages, one-man shows  
Nov. 23, Fayetteville  
(910) 483-5311  
[www.theartscouncil.com](http://www.theartscouncil.com)

**1803 Houser House Tour**  
Kings Mountain National Park  
Nov. 24, Blacksburg, S.C.  
(864) 936-7921

**The Heart Of Christmas Show**  
Broadway-style singing, dancing  
Nov. 24–25, Fayetteville  
(910) 483-5311  
[www.heartofchristmasshow.com](http://www.heartofchristmasshow.com)

**Singing Christmas Tree**  
Singers, handbell choirs, orchestra  
Nov. 29 through Dec. 2, Fayetteville  
(910) 483-5311  
[www.snydermbc.com/top\\_music\\_menu/singing\\_tree.php](http://www.snydermbc.com/top_music_menu/singing_tree.php)

#### ONGOING

**Maness Pottery & Music Barn**  
Dinner, music, fellowship  
Tuesday nights, Midway  
(910) 948-4897  
[www.liveatclydes.com](http://www.liveatclydes.com)

**Durham Civil War Roundtable**  
Third Thursdays, Durham  
(919) 643-0466

**Art After Hours**  
Second Fridays, Wake Forest  
(919) 570-0765  
[www.sunflowerstudiowf.com](http://www.sunflowerstudiowf.com)

**Betty Lynn (Thelma Lou) Appearance at Andy Griffith Museum**  
Third Fridays, Mount Airy  
(336) 786-7998  
[www.visitmayberry.com](http://www.visitmayberry.com)

**Arts Councils' Fourth Friday**  
Fayetteville  
(910) 483-5311  
[www.theartscouncil.org](http://www.theartscouncil.org)

# CAROLINA COUNTRY adventures

Ice skating rinks, outdoors and in

Day Trip

**H**ot chocolate, festive music and red-mitted skaters moving merrily on ice. For some, winter isn't winter without ice skating. For others, gliding on a rink is a holiday tradition. But with the warmer winters North Carolinians have been seeing, just where can you skate outdoors?

For outdoor fun, you can count on several options. They include **Raleigh's Winterfest**, a two-month long celebration that features an outdoor skating rink downtown on Fayetteville Street, along with bands, local entertainers, ice carving and other special activities. The family-friendly extravaganza kicks off in City Plaza on Saturday, December 1, rain or shine (or even snow). (919) 821-6984 or [www.godowntownraleigh.com/raleighwinterfest/index.htm](http://www.godowntownraleigh.com/raleighwinterfest/index.htm).

Greensboro also holds its own **Winterfest** downtown on N. Davie Street from Nov. 14-Jan. 27. This year, its large outdoor skating rink is even larger, and there's a new 100-foot ice slide. The grand opening on Wednesday, Nov. 14, includes surprise famous character appearances

for kids. (336) 207-5216 or [www.visitgreensboronc.com](http://www.visitgreensboronc.com).

Charlotte's **WBT Holiday on Ice** runs from Nov. 21 into January outdoors at the NASCAR Hall of Fame Plaza off E. Martin Luther King Blvd. [www.holidayonicecharlotte.com](http://www.holidayonicecharlotte.com).

North Carolina's ski resorts also boast outdoor rinks. **Appalachian Ski Mountain's** ice skating arena is set amid the Blue Ridge Mountains and overlooks the ski slopes. It's lighted for evening skating, with a bonfire rinkside. Ice skating dates at the Blowing Rock facility are Nov. 25–March 20. (800) 322-2373 or [www.appskimtn.com](http://www.appskimtn.com). Another scenic rink can be found at **Beech Mountain** in Banner Elk. Its 7,000 square-foot rink is in Beech Tree Village. (800) 438-2093 or [www.beechmountainresort.com](http://www.beechmountainresort.com).

Indoor ice skating is a year-round sport, with rinks that hold ongoing lessons as well as special festivities. A sampling includes **Polar Ice House** in Wake Forest, located in the Factory Shopping Complex on Main Street, (919) 453-1500 or [www.icehousewakeforest.com](http://www.icehousewakeforest.com); the newly reopened **Cleland**



Lacing up for Greensboro's Winterfest.

**Ice/In-Line Skating Rink** in Fort Bragg (open to civilians), (910) 396-5127 or [www.fortbraggmwr.com](http://www.fortbraggmwr.com); and **Extreme Ice Center** in Indian Trail, with a tavern that serves a range of hot food and hosts karaoke, (704) 882-1830 or [www.xicenter.com](http://www.xicenter.com). And in case you don't skate but your loved ones do, **Triangle SportsPlex** in Hillsborough offers a full fitness training facility and indoor swimming pool, along with its rink, (919) 644-0339 or [www.trianglportsplex.com](http://www.trianglportsplex.com).

*Note: Ice skating prices vary but generally start around \$8 an hour, including skate rental.*

—Karen Olson House



**Around the World in 80 Days**

Adventure comedy show  
Through Nov. 11, Fayetteville  
(910) 483-5311  
[www.cfrt.org/index.php](http://www.cfrt.org/index.php)

**Civil War Traveling Exhibit**

Through Nov. 28, Monroe  
(919) 807-7386  
[www.nccivilwar150.com](http://www.nccivilwar150.com)

**Educational Corn Maze**

Through Nov. 30, Fayetteville  
(910) 483-5311  
[www.facebook.com/gillishillroadproduce](http://www.facebook.com/gillishillroadproduce)

**"Ribbit" the Exhibit**

Andy Cobb's large-scale frog sculptures  
Through Nov. 30, Fayetteville  
(910) 483-5311  
[www.capefearbg.org](http://www.capefearbg.org)

**Music Barn Concerts**

Bluegrass  
Through Dec. 31, Mt. Gilead  
(910) 220-6426  
[www.mgmusicbarn.com](http://www.mgmusicbarn.com)

**Al Norte al Norte:**

**Latino Life in North Carolina**  
Prize-winning photographer's images  
Through April 28, Raleigh  
(919) 807-7900  
[www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org)

**Falling Rivers Holiday Craft Show**

Nov. 14–Dec. 22, Albemarle  
(704) 754-0543  
[www.fallingriversgallery.com](http://www.fallingriversgallery.com)

**A Christmas Carol**

Holiday classic  
Nov. 22–Dec. 9, Fayetteville  
(910) 483-5311  
[www.gilberttheater.com](http://www.gilberttheater.com)

**Holidays At The Garden**

Nov. 23–Dec. 31, Belmont  
(704) 825-4490  
[www.dsb.org](http://www.dsb.org)

**Country Christmas Train**

Nov. 24–Dec. 19, Denton  
(336) 859-2755  
[www.countrychristmastrain.com](http://www.countrychristmastrain.com)

**Coast (east of I-95)****Symphonic Band Concert**

Nov. 1, Mount Olive  
(919) 658-2502  
[www.moc.edu](http://www.moc.edu)

**Freeboot Friday**

Alive at Five style  
Nov. 2, Greenville  
(252) 329-4200  
[www.uptowngreenville.com](http://www.uptowngreenville.com)

**Down East Holiday Show**

Nov. 2–12, Greenville  
(252) 329-4200  
[www.pittcc.edu](http://www.pittcc.edu)

**Jewelry/Metal Design Workshop**

With Nancy Megan Corwin  
Nov. 2–4, Columbia  
(252) 796-2787  
[www.pocosinarts.org](http://www.pocosinarts.org)

**Women's Fellowship Fall Bazaar**

Nov. 3, Bridgeton  
(252) 638-4638

**Fishing Tournament**

Nov. 3, Elizabeth City  
(252) 482-5343  
[www.visitedenton.com](http://www.visitedenton.com)

**Roanoke River Ramble**

9-mile water paddle  
Nov. 3, Weldon  
(800) 522-4282  
[www.visithalifax.com](http://www.visithalifax.com)

**War of 1812 Reenactment**

Nov. 3–4, Fort Macon  
(252) 393-7313  
<http://friendsoffortmacon.org>

**Founding Of Edenton Celebration**

Nov. 4–10, Edenton  
(252) 482-2637  
[www.visitedenton.com](http://www.visitedenton.com)

**Wings Over Water**

Wildlife festival  
Nov. 6–11, Outer Banks  
(252) 261-9464  
[www.wingsoverwater.org](http://www.wingsoverwater.org)

**Holiday Floral Design**

By Grady Burns  
Nov. 7, Edenton  
(252) 339-1321  
[www.visitedenton.com](http://www.visitedenton.com)

**Tar River Symphonic Band**

Nov. 8, Rocky Mount  
(252) 985-5197  
[www.abouthoc.org](http://www.abouthoc.org)

**Karen Savoca**

**& Pete Heitzman Concert**  
Nov. 9, New Bern  
(252) 633-2444  
[www.downtownfolkarts.org](http://www.downtownfolkarts.org)

**Gateway Bank Marathon & Half Marathon**

Nov. 9–10, Outer Banks  
(252) 473-2138  
[www.outerbanks.org](http://www.outerbanks.org)

**Comedian John Felts**

Nov. 10, Mount Olive  
(919) 658-7491  
[www.moc.edu](http://www.moc.edu)

**Defending New Bern**

On 300 years of stewardship  
Nov. 11, New Bern  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

**Miracle On 34th Street**

Holiday classic  
Nov. 15–18, Farmville  
(252) 329-4200  
[www.farmvillearts.org](http://www.farmvillearts.org)

**Annual Members Exhibit**

Nov. 16, Edenton  
(252) 482-8005  
[www.chowanarts.com](http://www.chowanarts.com)

**Cape Hatteras**

**Secondary School PTA Fair**  
Nov. 17, Buxton  
(252) 475-0945

**Rotary Rockfish Rodeo**

Nov. 17, Manteo  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

**Athletics Hall of Fame Induction**

Nov. 17, Mount Olive  
(919) 658-7759  
[www.moc.edu](http://www.moc.edu)

**Fall Bazaar & Yard Sale**

Nov. 17, Bath  
(252) 964-2091

**Navy/Marine Living History**

On blacksmith's role  
Nov. 17–18, Kinston  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

**Let Us Adore Him**

Buffet & musical  
Nov. 17, 27, 30, Edenton  
(252) 482-4621  
[www.rockyhockplayhouse.com](http://www.rockyhockplayhouse.com)

**Wayne County Motorcycle Toy Run**

Nov. 18, Goldsboro  
(919) 738-2308

**Percussion Players Concert**

Nov. 20, Greenville  
(252) 329-4200  
[www.ecu.edu](http://www.ecu.edu)

**Hatteras Island Arts & Crafts**

**Guild holiday show**  
Nov. 23–24, Buxton  
(252) 256-0351

**Holiday Kick-Off At Tryon Palace**

Nov. 23–25, New Bern  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)

**Holiday Flotilla & Park Festival**

Nov. 24, Wrightsville Beach  
(910) 256-2120  
[www.ncholidayflotilla.org](http://www.ncholidayflotilla.org)

**Kitty Hawk Kites With Lights**

Nov. 24, Nags Head  
(252) 473-2138  
[www.outerbanks.org](http://www.outerbanks.org)

**Christmas By Candlelight**

Festivities, tree lighting, service  
Nov. 27, Mount Olive  
(919) 658-7491  
[www.moc.edu](http://www.moc.edu)

**Tree Lighting**

Nov. 30, Edenton  
(252) 562-2740  
[www.mainstreetedenton.com](http://www.mainstreetedenton.com)

**Tar River Orchestra Holiday Concert**

Nov. 30, Rocky Mount  
(252) 985-5197  
[www.abouthoc.org](http://www.abouthoc.org)

**Rocky Hock Opry Christmas Show**

Nov. 30–Dec. 1, Edenton  
(252) 340-3438  
[www.rockyhockplayhouse.com](http://www.rockyhockplayhouse.com)

**Core Sound Waterfowl Weekend**

Nov. 31–Dec. 2, Harkers Island  
(252) 728-1500  
[www.coresound.com](http://www.coresound.com)

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First and Third Tuesdays  
through Nov. 27  
(910) 347-5332  
[www.onslowcountync.gov/parks](http://www.onslowcountync.gov/parks)

**Art Walk**

First Friday, Elizabeth City  
(252) 335-5330  
<http://ecncart.com>

**Art Walk**

First Friday, Greenville  
(252) 329-4200  
[www.uptowngreenville.com](http://uptowngreenville.com)

**Civil War Traveling Exhibit**

Through Nov. 28, Warrenton  
(919) 807-7386  
[www.nccivilwar150.com](http://www.nccivilwar150.com)

**Free Tours & Wine Tastings**

Through Dec. 30, Rose Hill  
(800) 774-9634  
[www.duplinwinery.com](http://www.duplinwinery.com)

**Cucalorus Film Festival**

Independent films from around the world  
Nov. 8–11, Wilmington  
(910) 343-5995  
[www.cucalorus.org](http://www.cucalorus.org)

**Wildlife Artist Society Exhibition**

Nov. 21 through Jan. 5, Calabash  
(910) 575-5999  
[www.sunsetrivermarketplace.com/exhibitions.php](http://www.sunsetrivermarketplace.com/exhibitions.php)

**DBXmas Weekends**

Beach, holiday shopping events  
Nov. 22 through Jan 6, Outer Banks  
(252) 473-2138  
[www.obxmasweekends.com](http://www.obxmasweekends.com)

**Enchanted Airlie Gardens**

Festive lights, holiday flowers, music  
Nov. 23–Dec. 22  
(910) 798-7700  
[www.airliegarden.org](http://www.airliegarden.org)

**Holiday Season At Tryon Palace**

Nov. 23–Dec. 31, New Bern  
(919) 807-7386  
[www.ncculture.com](http://www.ncculture.com)



## Survival of the molds

**Q:** I have allergies, which sometimes get pretty bad. My doctor says I'm mainly allergic to molds. It's definitely gotten worse since we moved to North Carolina from California. We're looking for a new house, and I'm wondering what I should look for to improve my health.

**A:** Our region is variously described as the Bible Belt, Tobacco Road and Hog Heaven, but for allergy sufferers it's clear you've landed at Paradise Island for Molds, Mildew and Microbes. When buying or building a new home that won't make you sick, it's good to think about the basics.

Molds need five things in order to survive and thrive. Get rid of any one of the five, and you get rid of most of the molds. The five things are mold spores, mold food, temperature in the range of 40 to 100 degrees Fahrenheit, oxygen, and relative humidity of about 70 percent. (If you're just beginning to enjoy the widespread local custom of covered dish or "potluck" suppers, don't worry—this doesn't apply to Jell-O molds.)

Mold spores are everywhere. They particularly thrive in decaying organic matter (leaves, old lumber, rotting decks, deflated basketballs, etc.). They come into the house hitch-hiking on air through open doors and windows, and all the tiny cracks in the house that permit air leakage. By building a tight house, you can limit the amount of air leakage, and therefore limit the amount of mold spores coming in.

Assuming you and the rest of the family—not to mention the dog and cats—go in and out during the day, a certain amount of mold spores will be coming in with you. Installing a good air filtration system in your house—such as an extended surface area filter or a HEPA filter—can also reduce the amount of mold spores in the air, although they won't do much for the colonies that have moved into the carpet or onto the shower curtain and are no longer air-borne. So the message here is that you can reduce the level of mold spores entering and

floating around in your house, but you probably can't eliminate them.

The second necessary factor for molds is something for them to eat. Unfortunately, molds are even less discriminating in their eating habits than a roomful of adolescent boys turned loose at a buffet table. To a mold, just about any carbon-based material—wood, sheetrock paper, paint, soap scum, skin flakes, hair, etc.—looks like a double bacon cheeseburger. And these materials don't even have to be carefully sealed in plastic containers in the refrigerator for molds to thrive. Given all the right conditions, they'll reproduce right in your living room carpet!


So, while we can certainly reduce the amount of mold food by cleaning the house and, if we're really sensitive to molds, by eliminating some of their favorite eating places (like carpet), we clearly can't eliminate mold food from our homes.

The third factor is temperature. Since molds like temperatures from 40 to 100 degrees it's clear that we're not going to control mold in the house by controlling the temperature. Bringing the house down to 35 degrees is even more than the die-hard "freeze in the

dark" energy conservationists of the late 1970s would put up with. As for oxygen, turning your house into an oxygen-free environment is not an option.

Finally, molds need moisture. They thrive when the relative humidity is over about 65 or 70 percent. Control the amount of moisture in the house and you can control mold growth. But can you actually control moisture? Absolutely!

You start by thinking about where the moisture is coming from. Is rain-water getting in, or under, the house? Is groundwater seeping up into the basement or crawl space? Is humid air getting into the house from outside? Are you generating moisture in the house by cooking, bathing, washing clothes, etc., that is not being vented to the outside? Is there a plumbing leak? Are the kids having naval battles in the tub every night?

Once you identify the sources of moisture in your house, you can develop strategies for controlling it. And once you control the moisture, you control the mold. 

*Arnie Katz is a senior building science consultant at Advanced Energy in Raleigh.*





# Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

**DEAR DORRIS:** I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck. I hate the term, but my grandkids say I have "turkey neck" and frankly, I've had enough of it!



I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that can truly help my loose neck skin?

*Turkey Neck, Fayetteville, NC*

**DEAR TURKEY-NECK:** In fact, there is a very potent cream on the market that firms, tightens and regenerates new skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream®**. This

cream contains an instant lift ingredient that tightens the skin naturally, as well as deep moisturizing ingredients to firm the skin and make it more supple. Amazingly, the **Dermagist Neck Restoration Cream®** also has Stem Cells taken from Malus Domesticus, a special apple from Switzerland.

These stem cells are actually unprogrammed cells that can mimic those of young skin that stays tight, firm and wrinkle free. As an alternative to the scary surgeries or face lifts that many people resort to, this cream really packs a big punch on the loose saggy skin of the neck.

The **Dermagist Neck Restoration Cream®** is available online at **Dermagist.com** or you can order or learn more by calling toll-free, **888-771-5355**. Oh, I almost forgot... I was given a promo code when I placed my order that gave me **11% off**. The code was "NCN6". It's worth a try to see if it still work.

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## For Sale

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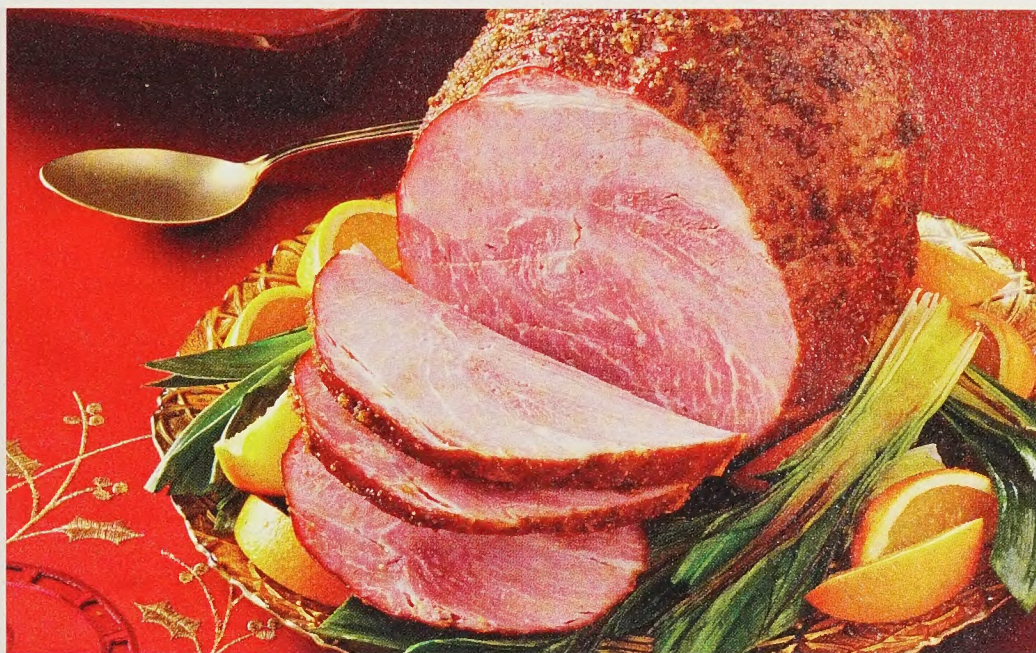
## Sugar-Glazed Ham

- 1 fully cooked bone-in ham (5 to 7 pounds)
- 1 cup packed brown sugar
- 2 teaspoons prepared mustard
- 1 to 2 tablespoons cider vinegar

Score ham about ½-inch deep with a sharp knife. Place ham on a rack in a shallow baking pan. Bake at 325 degrees for 1¾ to 2¼ hours or until a thermometer reads 140 degrees.

In a small bowl, combine the brown sugar, mustard and enough vinegar to make a thick paste. During the last hour of baking, brush glaze on ham every 15 minutes.

*Yield: 10–14 servings*



## From Your Kitchen

### Sweet Potato Cobbler

- 4 medium sweet potatoes, peeled and sliced thin
- 1 cup white sugar
- ½ cup brown sugar
- 1 teaspoon cinnamon or nutmeg (or ½ each)
- 3½ to 4 cups of water
- 1½ to 2 sticks margarine, sliced into thin pats
- 1 box yellow cake mix
- ½ to 1 cup pecans, whole or chopped (optional)

Peel and slice potatoes and place in a 9-by-13-inch baking dish. Add water, sugar, and sprinkle with spice of your choice. Place 1 stick of margarine pats on top of potatoes, add pecans (if you're using them). Sprinkle dry cake mix on top of potatoes and add remaining stick of margarine pats.

Bake at 250 to 275 degrees for about 1 hour, then increase temperature to 350 until brown.

(Diabetics can use ½ cup Splenda, ¼ cup Splenda brown sugar blend and sugar-free classic yellow cake mix.)

*This recipe comes from  
Betty Binkley, of Clemmons.*

### Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: [Jenny.Lloyd@carolinacountry.com](mailto:Jenny.Lloyd@carolinacountry.com).



### Pumpkin Chip Cream Pie

- ¾ cup cold 2 percent milk
- 1 package (3.4 ounce) instant vanilla pudding mix
- ⅔ cup miniature semisweet chocolate chips
- ½ cup canned pumpkin
- ¾ teaspoon pumpkin pie spice
- 1 carton (8 ounces) frozen whipped topping, thawed, divided
- 1 graham cracker crust (9-inch)
- Slivered almonds and chocolate curls (optional)

In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Stir in chocolate chips, pumpkin and pie spice. Fold in 2 cups of whipped topping. Spoon into crust. Refrigerate for 4 hours or until set. Spread with remaining whipped topping; garnish with almonds and chocolate curls if desired.

*Yield: 8 servings*



### Fruited Curry Turkey Salad

- ½ cup plain yogurt
- ½ cup mayonnaise
- 1 tablespoon honey
- 1½ teaspoon curry powder
- ¼ teaspoon salt
- Dash pepper
- 4 cups cubed cooked turkey
- ½ cup chopped apple
- ⅓ cup chopped celery
- ⅓ cup chopped, walnuts, toasted
- ⅓ cup dried cranberries
- 5 cups torn mixed salad greens

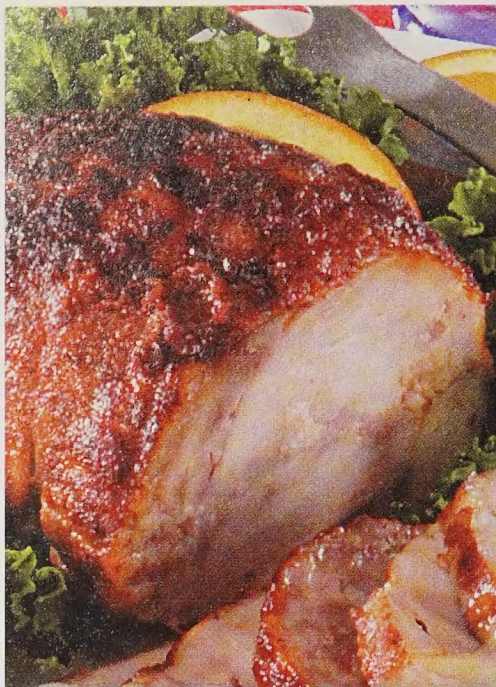
In a large bowl, combine the first six ingredients. Stir in the turkey, apple, celery, walnuts and cranberries. Divide salad greens among five serving plates; top with turkey mixture.

*Yield: 5 servings*

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### Citrus Turkey Roast

- |   |  |
|---|--|
| 1 frozen boneless turkey roast (3 pounds), thawed | 8 garlic cloves, peeled                                  |
| 1 tablespoon garlic powder                        | 1 cup chicken broth, divided                             |
| 1 tablespoon paprika                              | $\frac{1}{4}$ cup water                                  |
| 1 tablespoon olive oil                            | $\frac{1}{4}$ cup white wine or additional chicken broth |
| 2 teaspoons Worcestershire sauce                  | $\frac{1}{4}$ cup orange juice                           |
| $\frac{1}{2}$ teaspoon salt                       | 1 tablespoon lemon juice                                 |
| $\frac{1}{2}$ teaspoon pepper                     | 2 tablespoons cornstarch                                 |

Cut roast in half. Combine the garlic powder, paprika, oil, Worcestershire sauce, salt and pepper; rub over turkey. Place in a 5-quart slow cooker. Add the garlic,  $\frac{1}{2}$  cup broth, water, wine or additional broth, orange juice and lemon juice. Cover and cook on low for 5–6 hours or until a meat thermometer reads 170 degrees.

Remove turkey and keep warm. Discard garlic cloves. For gravy, combine cornstarch and remaining broth until smooth; stir into cooking juices. Cover and cook on high for 15 minutes or until thickened. Slice turkey and serve with gravy.

*Yield: 12 servings*



### Caramel Apple Bread Pudding

- 1 cup unsweetened applesauce
- 1 cup fat-free milk
- $\frac{1}{2}$  cup packed brown sugar
- $\frac{1}{2}$  cup egg substitute
- 1 teaspoon vanilla extract
- $\frac{1}{2}$  teaspoon ground cinnamon
- 5 cups cubed day-old bread
- $\frac{1}{2}$  cup chopped peeled apple
- $\frac{1}{2}$  cup fat-free whipped topping
- $\frac{1}{2}$  cup fat-free caramel ice cream topping

In a large bowl, combine the applesauce, milk, brown sugar, egg substitute, vanilla and cinnamon. Fold in bread cubes and apple; let stand for 15 minutes or until bread is softened.

Pour into an 8-inch square baking dish coated with cooking spray. Bake, uncovered, at 325 degrees for 35–40 minutes or until a knife inserted near the center comes out clean. Serve with whipped topping and caramel topping. Refrigerate leftovers.

*Yield: 8 servings*



### Pumpkin Pie Dip

- 1 package (8 ounces) cream cheese, softened
- 2 cups confectioners' sugar
- 1 cup canned pumpkin
- $\frac{1}{2}$  cup sour cream
- 1 teaspoon ground cinnamon
- 1 teaspoon pumpkin pie spice
- $\frac{1}{2}$  teaspoon ground ginger
- Gingersnap cookies

In a large bowl, beat cream cheese and confectioners' sugar until smooth. Beat in pumpkin, sour cream, cinnamon, pumpkin pie spice and ginger until blended. Serve with gingersnaps. Refrigerate leftovers.

*Yield: 4 cups*



### Cranberry Apple Cider

- 4 cups water
- 4 cups apple juice
- 1 can (12 ounces) frozen apple juice concentrate, thawed
- 1 medium apple, peeled and sliced
- 1 cup fresh or frozen cranberries
- 1 medium orange, peeled and sectioned
- 1 cinnamon stick

In a slow cooker, combine all ingredients; mix well. Cover and cook on low for 2 hours or until the cider reaches the desired temperature. Discard the cinnamon stick. If desired, remove fruit with a slotted spoon before serving.

*Yield: 10 servings (about 2½ quarts)*

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